

Course - History of Art and Well-Being

The importance of wellbeing as a concept is gaining increasing recognition. Money and income may contribute to people's sense of wellbeing but the two are not always completely interdependent. Our wellbeing is vital to our health and to our effectiveness at work and in the community. The place of art in creating and supporting feelings of wellbeing is vital. Art is based on feeling - be it a Mahler Symphony, a Rothko masterpiece or a Sylvia Plath poem - art can raise the spirits and strengthen the soul, it can help us make sense of our surroundings. It is precisely that which gives art both its intrinsic benefit and its power to make a positive impact on people's wellbeing.

This six week Art History and Well-Being course is designed to teach about periods in Art History while opening up discussions on themes relevant to our contemporary lives. The course starts with a session on visual skills and analysis and Joanna Meeson teaches how we can develop looking at art works. Subsequent sessions are run as discussions on topics such as concepts of beauty, identity, spirituality, food and art and colour in our homes.

1. Visual Analysis Skills - how to look at painting, sculpture and architecture.
2. What do we mean by beauty? Concepts of beauty through the ages and where are we now? The Greeks and classical theory, Gothic, Renaissance, 19th century, 20th century.
3. Identity in art. Power, Ethnicity, Society, Character. Portraiture, History painting, non Western influences within Western art.
4. Spirituality. What makes a work spiritual? The Greeks, the Gothic, Renaissance, Baroque and 20th century art.
5. Food. The meaning of food in art. What does food mean to us today? Symbolism of food in religious and secular works. How do we look at sharing food today?
6. Art in our homes. Do we buy art? Why? Where from? How do we choose?

Dates starting: Saturday 6th January 2018 for 6 weeks. This course is run in small groups and can lead to interesting and personal discussions.

Time 10 am - 12.30pm, including a break for coffee and buns.

Cost £150 per person