Kindness to Self: Meditation and Painting Class at Bellefonte Arts with Abigail Merritt

Thursday, November 19, 2026 (6-8pm) $35 per student (ages 14+)

This Paint and Meditate class will be focused on extending compassion and appreciation towards Self. We will explore the layers of the mind through a guided meditation to the parts of ourselves that get cast aside or forgotten about. Where we will learn what our shadow (unconscious) craves most from others, whether that be attention, acceptance, appreciation, affection, or a mixture of all four. So we may paint a visual reminder to give those same qualities we seek, to the self.

Please wear comfortable clothing, bring your yoga mat and a small pillow. If you have non-toxic art supplies other than what is listed below, bring those with you as well.

What to Expect in Meditation

- You may fall asleep, if you find yourself in an energy deficit right now, I encourage you to stay seated comfortably upright or on the floor (bring a yoga mat and a small pillow).
- You may hear my voice the whole time with visuals
- Memories may pop into your head
- My voice may fade and a movie may play in your head
- You are allowed to adjust if you are becoming distracted by your posture, we strive to stay in an easy seat, like a rock effortlessly strong.

The Agenda

- Welcome Briefing
- Introductions + Agenda
- Guided Meditation:
- Journal: (to write about what showed up, it's all information)
- Paint and Play
- Expressing your Kindness (share with the class)
- Closing Circle Remarks

Painting

The following materials will be provided, though if you wish to bring other mediums of creating please feel free! Students in the past have enjoyed bringing pre cut out sayings, quotes, or pictures they glued to their painting.

- Mixed Medium Painting Paper
- Acrylic Paint
- Watercolors
- Paint Brushes
- Oil Pastels
- Miscellaneous Stickers