

**Title:** Destressing Doodle Workshop



The Destressing Doodle Workshop was conducted in an open-air setting at the dhaba during the ELEMENTAL Art Residency by Vinyasa Earth. Surrounded by snow and the quietude of the mountains, the 1–1.5 hour session created a reflective and relaxed environment for fellow artists to unwind and reconnect with their creative instincts.

The session began with a brief introduction to the practice of intuitive doodling, a method I personally turn to whenever I need to release emotions, overcome creative blocks, or simply destress. The core idea of the workshop was to let go of planning and perfection, and instead respond instinctively to the moment.

The process started with a spontaneous scribble on paper. Participants were then guided to observe the spaces created within the scribble and gradually fill them with colours, patterns, and textures using watercolours, pens, and acrylic markers. The emphasis remained on flow rather than form, and expression rather than outcome.

By the end of the session, each participant had created an abstract artwork, a visual reflection of their inner rhythm in that moment. The workshop encouraged mindfulness, playfulness, and emotional release through simple, accessible mark-making.



