

PAINTING WORKSHOP

with Paula Fraile

Saturday 20 & Sunday 21 June, 15:00h to 18:00h

The Core, [Müllheimerstrasse 148, 4057 Basel, Switzerland](#)

Open to anyone who wants to **Re-connect** with painting.

Materials are included.

Wear comfortable clothes.

There is a real fear that comes with facing a blank page or canvas – one that paralyses many people and blocks creativity. But what if the page wasn't blank? What if, with guidance, that simply stopped mattering?

We stopped painting when we left school, without questioning that in our earliest years painting was our language. We communicated through images. But the moment judgement arrived – and institutions shifted towards practices where creativity has no place – we abandoned that language.

Guided by artist Paula Fraile, we reconnect with the child who used to paint and, from that place and without judgement, we begin to find our way back into the language of painting.

The workshop unfolds in three phases:

- Group opening, around the question: **when was the last time you painted?**
- Connection with materials: explanation of techniques and possibilities, and several exercises to discover what feels right for you.
- Final image.

We will be accompanied by a live DJ set throughout the journey.



Paula Fraile in her studio at Westwerk, Leipzig.