



Cashel Community School Adult Education Programme



The Art of Mindfulness – Silk Painting

Silk painting course presented by Inseun Kim.

Inseun is a fine art teacher from Korea, and she is also a member of Semple Studios in Cork, which is one of Ireland's largest artist studios.

Discover the ancient and captivating art of silk painting, a creative practice that has been cherished for centuries across various cultures. This exquisite technique involves applying vibrant dyes to delicate silk fabric, allowing colours to flow and blend seamlessly in a mesmerizing dance of light and texture.

Silk painting is more than just an artistic endeavour—it can also serve as a powerful form of art therapy. The process of applying colour to silk is deeply meditative, fostering a sense of calm and mindfulness. The rich, luminous hues interact with the fluidity of water and dyes, creating a harmonious interplay that soothes the mind and nurtures the spirit. As colours merge effortlessly on the silk's surface, the experience becomes both therapeutic and expressive, offering a tranquil retreat from the stresses of everyday life.

Whether you are a seasoned artist or a complete beginner, silk painting invites you to embrace creativity, explore the beauty of colour, and experience the peaceful synergy between fabric, water, and dye.