

# COURSE OUTLINE

## The Impressionists and the art of walking mindfully

Sunday 17 July, 14:00–16:00

Course Tutors: Jo Rhymer, Andrew Stuck and Mel Sutton

Sainsbury Wing, Conference Room 1

### Course Outline

14:00–14:05

Christina Bradstreet

*Introduction*

Part One

14:05–14:30

Jo Rhymer

*The Flâneur and the Flâneuse*

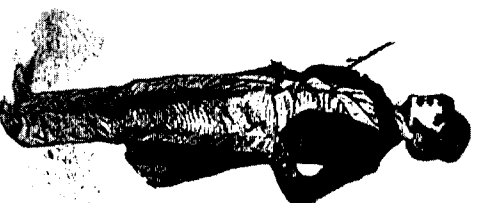
11:55–12:05

Comfort break

Part Two

Mel Sutton and Andrew Stuck

*Mindful walking*



Paul Gavarni, *Le Flâneur*, 1842.

16:00

We will return to the gallery by 16.00. Please join us for a cup of tea or coffee in SWCR1.

### Key paintings discussed:

Adolph Menzel, *Afternoon in the Tuileries Gardens*, 1867. National Gallery. Currently not on display but expected to return by February 2015.

Eduoard Manet, *Music in the Tuileries Gardens*, 1862. The National Gallery. Currently not on display.

Gustave Caillebotte, *Young Man at his Window*, 1875. Kimbell, Fort Worth.

Gustave Caillebotte *Paris Street, Rainy Day*, 1877 (Chicago)

Gustave Caillebotte, *The Pont de l'Europe*, 1876. Musée de Petit Palais, Geneva

## Further Resources

### The Flâneur

Walter Benjamin, *The Arcades Project*, Rolf Tiedemann, ed., Howard Eiland and Kevin McLaughlin, trans. (1999).

Charles Baudelaire, *The Painter of Modern Life* (London: Phaidon, 1964). Orig. published in *Le Figaro*, in 1863.

Edgar Allan Poe, *The Man of the Crowd*, 1840.

Georg Simmel, *The Metropolis and Mental life*, 1903.

Edward White, *The Flâneur: A Stroll Through the Paradoxes of Paris* (London: Bloomsbury, 2015).

### Mindful Walking

Hugh O'Donovan, *Mindful Walking: Walk your way to mental and physical well-being* (Hachette, Books, Dublin, 2015).

Thich Nhat Hanh, *How to Walk*. (Parallax Press, London, 2015). Buddhist writer.

Christophe André, *Mindfulness: 25 Ways to Live in the Moment Through Art*, 2014. (National Gallery shop).

Mark Williams, *Mindfulness: A practical guide to finding peace in a frantic world*, 2011.

<https://www.headspace.com> - Headspace is an app, with a subscription fee, which allows you to download mindfulness meditations, including walking meditations.

### Tutors Biographies

**Jo Rhymer** is Head of Adult Learning Programmes at the National Gallery. She studied for her MA History of Art: The Politics of Representation at University College, London. Her areas of interest include 19th-century French paintings, gender studies and London collections.

**Andrew Stuck** is a walking creative. He is Founder of the Museum of Walking, which runs walks and 'walkshops' and talks and 'talkshops'. For more events organised by Andrew see <http://www.museumofwalking.org.uk/>

**Mel Sutton** is a natural health consultant and a practicing yoga teacher with a diploma in Homeopathy and Aromatherapy. She developed mindfulness walks with her partner Andrew Stuck after experiencing the impact of walking mindfully in nature and the profound benefit it had on their health and wellbeing.