

# Manchester Art Gallery: The Mindful Museum





















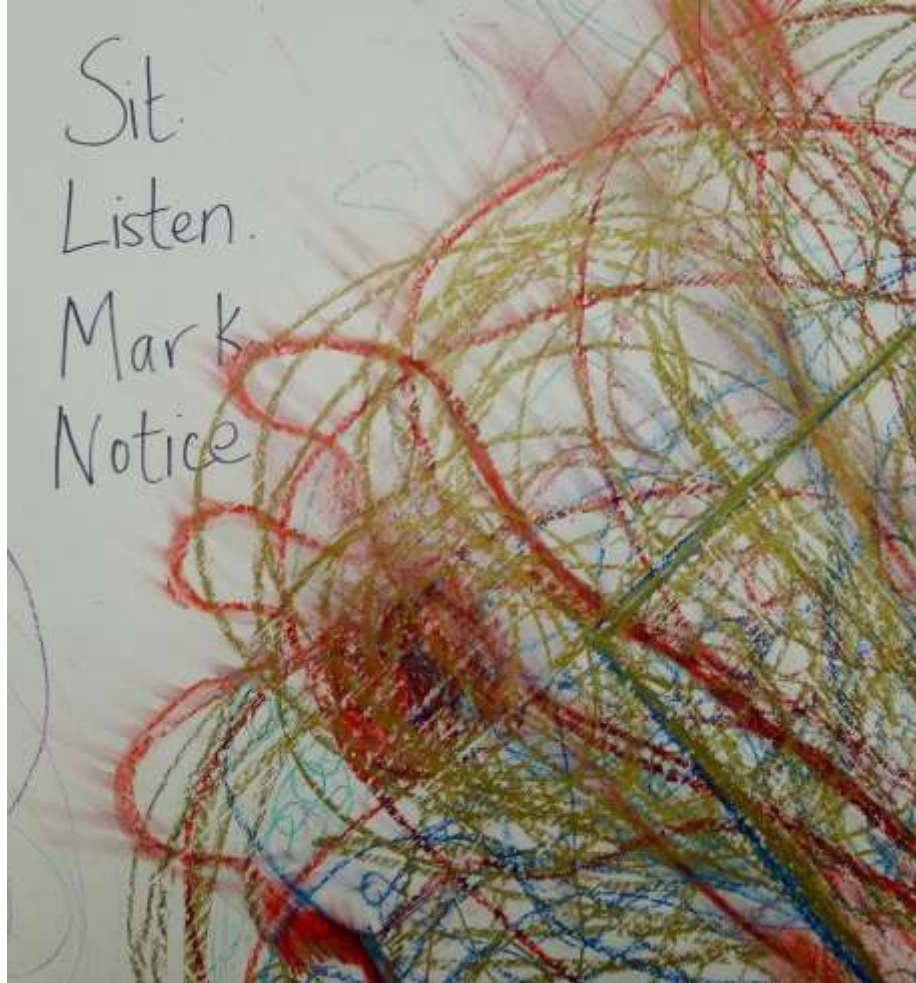


Sit.

Listen.

Mark

Notice





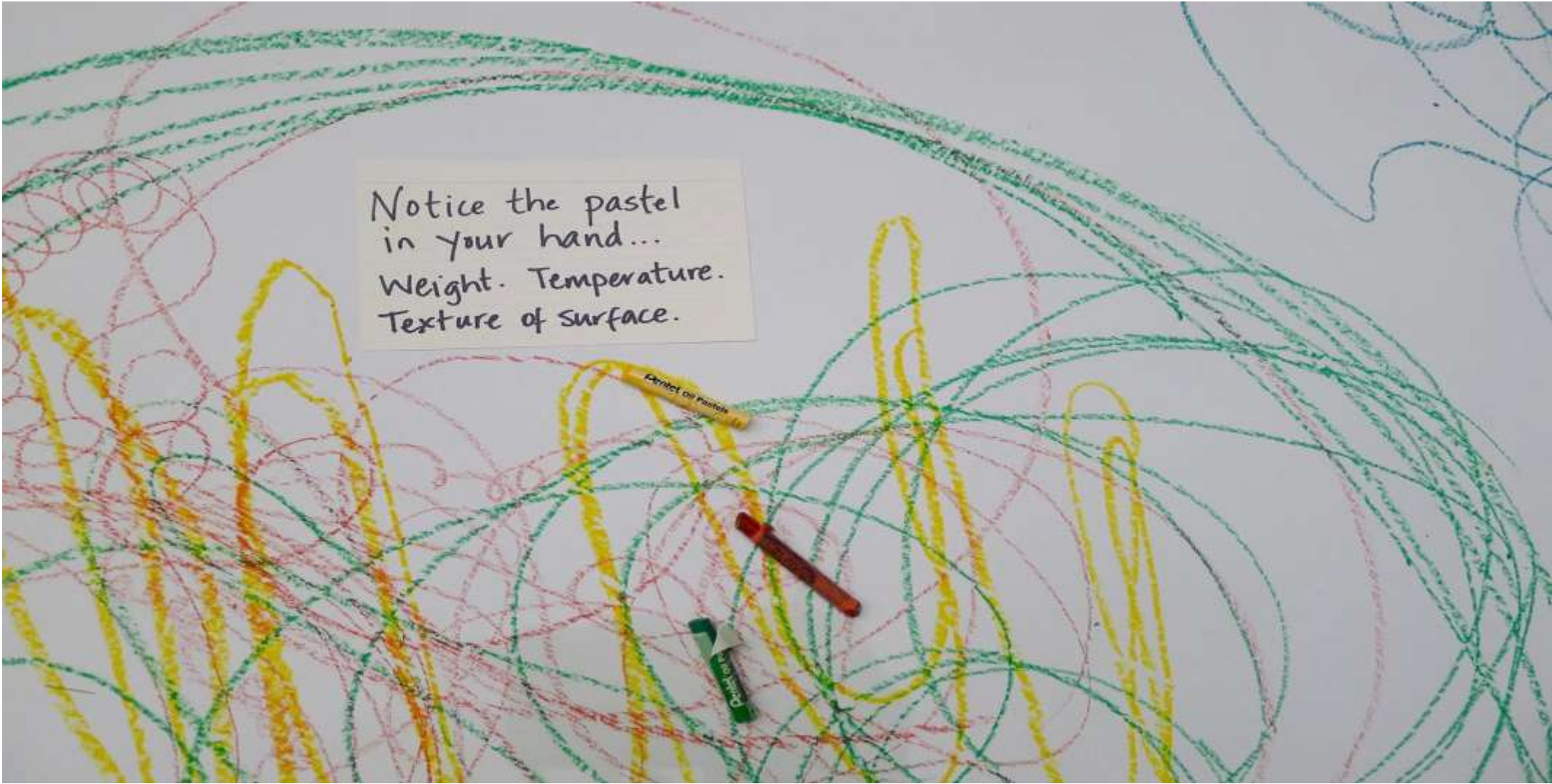












Notice the pastel  
in your hand...  
Weight. Temperature.  
Texture of surface.













