



SOUL PAINTING

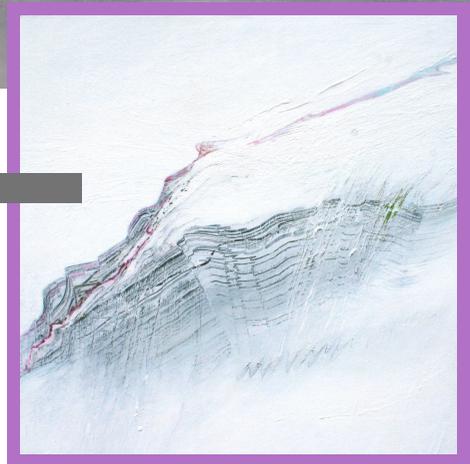
holistic art

About The Day

MIND | BODY | SPIRIT | **CREATIVITY**

CREATIVITY | TRANSFORMING | WELLBEING

*The quieter you become
the more able you are to hear.*



*'Painting is self-discovery.
Every good artist paints who he is.'*

JACKSON POLLOCK

EXPERIENCE HOLISTIC ART

CREATIVITY | TRANSFORMING | WELLBEING

WELCOME TO SOUL PAINTING holistic art

Designed as a fusion of creativity, mindfulness, breath work, gentle yoga movement and music, each element will help you to explore and better understand your own internal world whilst supporting inner work. Soul Painting is our unique blend of mind, body and spirit disciplines, with creativity at the heart. Intuitive painting is best described as a transformative practice that involves bravery, trust, opening your heart, imagination and a positive belief. It not only assists you in discovering your more authentic self through painting, but also allows you to connect more deeply to your intuition.



'Let intuition be your guide'



There will be plenty of opportunity for spontaneity and improvisation! Please do wear comfortable clothes and covered footwear.

The day "mini-retreat" is run with a maximum of 6 people aged 16 years or over.



WHAT TO BRING

The art materials you choose will depend on your budget, so please use the following as a suggestion. There will be plenty of opportunity for spontaneity and improvisation!

PAINT

Acrylic paints are recommended as these dry quickly compared to oil paint. Basic acrylic paints are fine if you are new to painting, otherwise please bring your preferred materials. Make sure you have titanium white, black, red, yellow, and blue, ideally 70ml size tubes or larger as you will use a lot of paint. We recommend Liquitex or Golden acrylic paints, but less expensive brands are perfectly acceptable. Acrylic Retarder or Flow Enhancer is also recommended.

LUNCH

Please bring a packed lunch. Tea and coffee are available.

DISABILITIES

Please let us now if you have disability requirements.

TASHI



A friendly Tibetan, a hypoallergenic breed of dog and our onsite artist technician .

SURFACES | canvas & paper

A canvas, watercolour or mixed media paper size A3 or larger that is suitable for acrylics; gesso panels; or anything that you enjoy painting on.

WHAT ELSE TO BRING

Paint brushes | various sizes | small to large.
Palette and palette knife.
Pencils, charcoal, pastels, chalks, oil sticks
Foam brushes, rollers or mark making tools.
Journal or sketchbook | optional.
Images, photo's or objects for reference.
Apron or old painting clothes.



WHAT PEOPLE HAVE SAID

"I absolutely loved the retreat, a warm, relaxing, safe and inspiring space for me to feel confident to have a go at painting for the first time. I learned far more than I thought I would about theory and technique. I loved the 'spiritual' elements and the music. Thank you for a truly inspiring and nurturing time together." Lynne H, Birdham.



BORN TO CREATE

CREATIVITY | TRANSFORMING | WELLBEING



"I loved the way space was held for space me and other participants, plus the level of love, care and thought put into making this an enriching experience. The love for art expression and enthusiasm are infectious. A deeply enriching experience, and a feast for the senses." Josephine M, Southsea.

"Elevating and imaginative. Opened my mind!" Laurie C, Chichester.

"Thank you for a very enjoyable day. I learned a lot & had great fun." Maggie.