

Arts In Wellness

Presents



Earth – Heart – Art - Retreat

In the mountains above Santa Cruz lies a beautiful natural retreat called Earth Matters where one moves to the quiet, the natural and a space called your truth. Step into a new way of living through creative expression with the Earth, art, music, movement, food and camaraderie. We invite you to join us for converging with others, diverging from daily life and integrating creative soulful skills. Upon returning home you will feel you are enough, perhaps even more.

Thursday, April 23rd to Sunday, April 26th, 2015

Facilitators



Susie Alexander, Founder of Arts In Wellness, Creative Master

"Creativity is an inherent birthright, which at an immediate and profound level harbors and enormous power of healing within each of us." Susie has become known internationally as a mural and fine artist. While traveling and painting in the South of France she was inspired with a vision of sharing art making as a personal expression of our intimate human experience for all to enjoy the experience of being a creator. Arts In Wellness is her dream come true.



Helma Mueller, MA, Tamalpa Practitioner, RSME

"I am passionate about the use of movement/dance, visual art, creative writing and play as a healing force". Whether working in nature or indoors, Helma's work engages the body mind as a vehicle to create awareness, to facilitate learning and to cultivate change. Helma works with groups and individuals of all ages and she has enrolled in various social projects internationally.



Brooke Bishop, Artist

"I love the action of drawing and painting, to feel the juiciness that is just barely in my control." Brooke applies her love of pattern, texture and color to convey the emotions that lie beneath the surface of each work of art. Her fascination with the human psyche, and life's eternal questions, inspire her creations. Brooke's work is found in many collections around the world a few are Sony Corp., P. Presley, Sinatra, Christian Title, John Powell and Disney.



Pippa Wyvill, Creative Alignment Specialist and Artist

"The mandala has become a visual affirmation to support such things as healing, creativity, adventure and strength. I combined the mandala making with the concept of the Law of Attraction and found it to be extremely powerful. Students were achieving a greater sense of inner peace, they were resolving chronic problems, both physical and emotional and they were inspired by new ideas."



Erin Kelly, Creative Food Specialist

"After many years of learning how to eat, I have decided it was time to share my ideas with the world. Food is wrapped around one's lifestyle. It's all about self-expression, passion for good taste, a great color pallet and healthy choices." Erin will be spooning up good medicine...ways to enjoy food with easy prep, delicious taste and that will assimilate in the body as good health. Here's to good health!

Arts In Wellness Vision

To facilitate and promote personal and community health and harmony using art - making through expressive creativity.

You will either step forward into growth or step back into safety.

- Abraham Maslow



Stillness is not focusing about nothingness: it's about creating an emotional clearing to allow ourselves to feel, think, dream and question.

- Brene Brown

A View For You...

Earth Heart Art Retreat

"I joined Susie Alexander's Creative Group last year with the purpose of breaking out of a stubborn creative block.

I did not join the group with the intention of meeting exceptional, smart, talented and interesting creatives, many which became friends. That was a side benefit.

I joined the group because I was stuck. Each week was such a rich experience I always looked forward to the next class.

Susie, a most talented facilitator, uses methods to tease out the creative genius in each of us. It does not matter if you are blocked or prolific, this is an opportunity to expand from exactly where you are."

- Rebecca Hibit
Recovering Engineer

The Retreat

A creative and nourishing safe-haven for radical self-healing, life direction and the art of soulful living. We will take a visceral, full-body journey using a variety of techniques and conceptual practices including meditation, qi gong, dance, storytelling, collaging, journaling, drawing and painting.

You will be given tools to approach your creativity from your heart, of honoring your own blocks, wounds and fears. Our facilitators will gently guide your way to perceptual breakthroughs, healing self-realizations and self-love. No experience or art background required, all materials and instruction will be provided.

Treat Yourself

Join in a playfully contemplative and deepened space within yourself and your creativity while being surrounded and supported by a circle of kindred spirits.

At Last

Hasn't it been long enough you have held the idea, "I am not enough"? Isn't it time

you feel, really feel your strengths, your courage, your imperfections and accept and love it all?

Art & Soul

- Discover how to tap into your own soulful lifestyle and full creative power.
- Explore, accept and unify your distinctly different aspects of self.
- Integrate and consciously embody your authentic and whole self.

Will My Life Be Better After The Retreat?

You will be introduced to more awareness on how you operate in the world and what works for you. Along with all that, you will be introduced to a sisterhood that will support your living life large, wrapped in self-worth and you may even experience a few happily-ever-afters. Upon returning home you will find you are enough, perhaps even more.

What's the schedule?

What do I bring?

Where am I going?

What's included?

What's the cost?



Visit

ArtsInWellness.org

For retreat details and registration information

- Retreat schedule
- What to bring
- What to wear
- Maps
- Driving directions

Dates and Locations

Thursday, April 23rd to
Sunday, April 26th

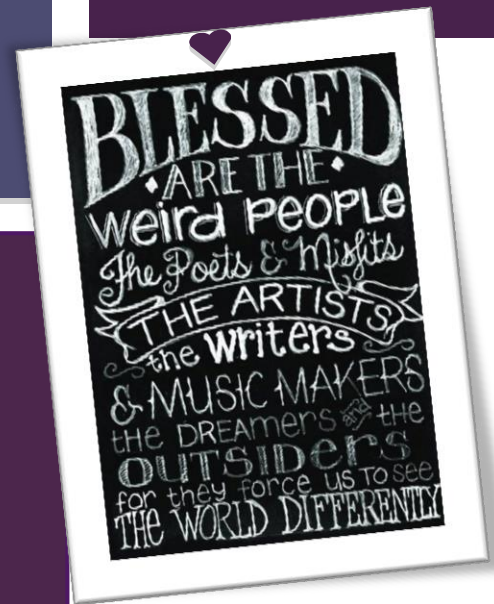
Earth Matters Retreat Center
11629 Love Creek Road
Ben Lomond, CA. 95005

Integrative Follow-up Session

Saturday, May 9th
Truckee, CA.

REGISTER

artsinwellness.org



Cost

\$595 Retreat Fee

Early Payment
Discount

\$525 by March 23rd

What's Included?

The Retreat Fee includes all meals, lodging, activities and materials from arrival on Thursday afternoon through departure on Sunday. Basic lodging is in a dormitory-style shared room with upgrades to private cabins available for one or two.

Earth Matters Facility

This retreat center is hundreds of beautiful acres in the mountains above Santa Cruz. The Guest House where most will be staying includes kitchen facilities, a large deck and wood stove. A small labyrinth is directly out back. Other sacred spaces on the property include a Sacred Circle, Medicine Wheel, Meditation Cove, Garden Circle, Garden Ponds, Yoga Deck, Storytelling Circle and a well-stocked Art Studio. This is all nestled at the end of Love Creek Road. Sounds like somewhere special...maybe out of this world.