

## **An Artists Retreat**

### **Walking, Drawing, Writing in the Southdowns National Park**

**Tues 18<sup>th</sup> - Fri 21<sup>st</sup> July 2023**

**Tutors Katie Sollohub and Emily Ball**

**Course fee: £650** (*includes teaching, materials, food and accommodation*)

This retreat is at Gayles Retreat Centre in the South Downs National Park overlooking Cuckmere Haven and the Seven Sisters. The secluded property and grounds are nestled in the landscape between Friston Forest and the sea. During the 4 days you will be immersed in this spectacular, expansive landscape, using walking, drawing and writing to travel through it, absorb it, and engage creatively with it. You will be gently guided and supported in the space throughout by Katie and Emily. NB. All of your materials, vegetarian food and shared accommodation\* are included in the price.

This is an unmissable opportunity to escape, breathe, walk, draw and write freely to see where your thoughts and observations take you. Writing is an integral part of the experience and will inspire the drawings directly over the 4 days. Writing, like walking, like drawing, is a continual thread, a movement in thought, forming how we interpret the world.

This is more than a 9 to 5 workshop, the day begins and ends when you want it to, with optional early morning and evening walks, taking advantage of the long summer days. How wonderful to be able to stay for 3 nights in this inspirational location, with nothing else to interrupt your creative flow! Whilst we will be sharing meals together, with the option of working into the evening, the house, garden and accommodation are large enough to find a space to retreat by yourself whenever the need arises. There is space to work indoors and outside, depending on the weather, with space to make larger work for those who wish.

Be aware that being physically able enough to walk confidently for a few hours each day will be important. Armed with a pocketful of tools and a clipboard of paper or sketchbook we will set off each day to respond, notice and connect with our surroundings. We will find out as we go, celebrate the beauty, the physicality, the surprises; taking time to rest and reflect along the way.

At the end of this retreat

- you will come away with a satisfying bundle of research, drawings and writing to potentially develop or integrate into a bigger project
- you will have new thoughts and processes that will feed your creative practice
- you will feel refreshed by being away, in the landscape with no other commitments to get in the way of the flow of thought
- you will have enjoyed the space and time to recharge, and may have no expectations of outcomes

***For further information and photos of GaylesRetreat Centre, and surrounding landscape follow this link.*** <https://www.retreattogayles.co.uk/>

### **Timetable for the four days**

#### **Tuesday July 18<sup>th</sup> arrive at 4pm**

Settle in and get familiar with your surroundings. Introductions, an orientation walk and supper.

#### **Wednesday July 19<sup>th</sup>**

A walk before breakfast for those want to. Guided meditation and walking in the landscape to make drawings and writing. Lunch. More work in the landscape and writing. Time alone to reflect. Supper. Possible evening walk and/or making work from your studies.

**Thursday July 20<sup>th</sup>**

A walk before breakfast for those want to (optional yoga). Guided meditation and walking into the landscape to make drawings and writing. Lunch. More work in the landscape and writing. Time alone to reflect. Supper. Possible evening walk and/or making work from your studies.

**Friday July 21<sup>st</sup>**

A walk before breakfast for those want to. Guided meditation and walking into the landscape to make drawings and writing. Lunch. Review of the work created. Final exercises and farewell to the place. Leave at 3pm.

*If you have any special dietary requirements please let us know as soon as possible. It is politely requested that people don't bring alcohol onto the site, but there is a pub within walking distance.*

*\*Please note that accommodation is based on sharing. There are 2 spaces for single occupancy in the house, for those willing to pay a premium of £100, on a first come first served basis. For all others you will be sharing with 3 or 4 others, in comfortable, spacious dorms. Or you can opt for the use of a tent, provided by Gayles retreat, if you prefer your own space.*