

## **An Artists Retreat**

### **Walking, Drawing, Writing in the Algarve, Portugal**

**Sunday 1 Sep - Saturday 7 Sep 2024 (teaching course Mon-Fri)**

**Tutor Katie Sollohub**

**Course fee: £1995** (*includes teaching, materials, food and accommodation*)

This retreat is set in the beautiful coastal Nature Reserve at the Western end of the Algarve. A short walk from the fishing village of Salema, and the rugged untouched coves nearby, you will be staying at the villa of artist Ros Hodges where you will be treated to the most delicious food and relaxing surroundings including a pool. During the 5 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 NB. All of your materials, 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. Meditation, reflection and writing are an integral part of the experience and will inspire the drawings directly over the 5 days. Writing, like walking, like drawing, is a continual thread, a movement in thought, forming how we interpret the world. This course is a brilliant way to experience a place creatively and with awareness. To make the most of the cooler ends of the late summer days, we will be starting early, leaving the hottest part of the day for rest and reflection, with evenings left open for optional yoga, starlit walks, and following your own practice.

You may take it as a stand alone course; or, you might want to combine it with the course running the following week – Expressive Painting in the Landscape with Emily Ball 8<sup>th</sup> - 13<sup>th</sup> September 2024. A magical combination, as one will feed so beautifully into the other. (*There is a 10% discount if you book for both courses*).

How wonderful to be able to visit somewhere different, with purpose, and like minded people, in an 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 grounds are large enough to find a space to retreat by yourself whenever the need arises. There is space to work in the shelter of the open veranda, tucked into the shade and shelter of the villa, as well as in the garden and grounds, 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 (perfect if you are staying on for Emily's painting course in week 2 - 8<sup>th</sup> - 13<sup>th</sup> of September).
- 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

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

**Sunday 1 Sep 2024 Arrival Day**

- arrive ideally before 6pm so we can have a welcome supper and introductions together
- flights and taxi transfers can be coordinated so that you can share the costs (travel not included)
- Settle in and get familiar with your surroundings. Introductions, an orientation walk and supper.

### **Monday 2 Sep**

Guided meditation and orientation walk in the landscape to make drawings and writing. Acclimatise to the weather, and assess the needs of the group.

Pool, lunch and siesta

Afternoon - more work in the landscape and writing. Time alone to reflect.

Optional yoga with Katie

Supper

Possible evening walk

### **Tuesday 3 Sep**

Starting early to avoid the heat with guided meditation and walking in the landscape, making drawings and writing. Picnic breakfast will be provided. Back to the villa for 121 tutorials, group discussions, and time to reflect/develop ideas.

Pool, lunch and siesta.

More work in the landscape and writing. Time alone to reflect.

Optional yoga with Katie

Supper.

Evening - free time, walk, own practice

### **Wed 4 Sep**

Starting early to avoid the heat with guided meditation and walking in the landscape, making drawings and writing. Picnic breakfast will be provided. Back to the villa for 121 tutorials, group discussions, and time to reflect/develop ideas.

Lunch

**FREE AFTERNOON** - untutored time for you to work at your own pace or take time out to explore

**EVENING MEAL OUT** in Salema, the local seaside village a 15 minute walk away

### **Thur 5 Sep**

Starting early to avoid the heat with guided meditation and walking in the landscape, making drawings and writing. Picnic breakfast will be provided. Back to the villa for 121 tutorials, group discussions, and time to reflect/develop ideas.

Pool, lunch and siesta.

More work in the landscape and writing. Time alone to reflect.

Optional yoga with Katie

Supper.

Evening - free time, walk, own practice

### **Fri 6 Sep**

Final day, (optional) dawn walk to see the sunrise. Picnic breakfast will be provided. Back to the villa for 121 tutorials, group discussions, and time to reflect/develop ideas.

Pool, lunch and siesta

Final meditation and drawing/writing exercise. Late afternoon review of the work created.

Final meal in the villa, a time to be grateful for this retreat, for each other, for our host

### **Sat 7 Sep - Departure Day**

Early flights are recommended so you can expect to leave first thing, via a prearranged taxi. Flights and times can be coordinated where possible to enable shared costs (transfer not included)

***\*Please note that accommodation is based on sharing. There is limited space for single occupancy in the villa, but can be arranged at a nearby B&B for those willing to pay a premium, on a first come first served basis. For all others you will be sharing with 1, 2 or 3 others, in comfortable, spacious rooms.***

**PREMIUM COST for single occupancy £200**

***If you have any special dietary requirements please let us know. We offer Vegetarian, vegetarian with fish, dairy intolerant and gluten intolerant food as part of this course. All produce is locally sourced and prepared freshly each day. If you have any special dietary requirements please let us know.***