



# Arts In Wellness

EMPOWERING the Individual  
STRENGTHENING the Community

## ◆ RETREATS



### RETREATS

Creative and nourishing safe-havens for radical self-healing, life direction, and the art of soulful living.

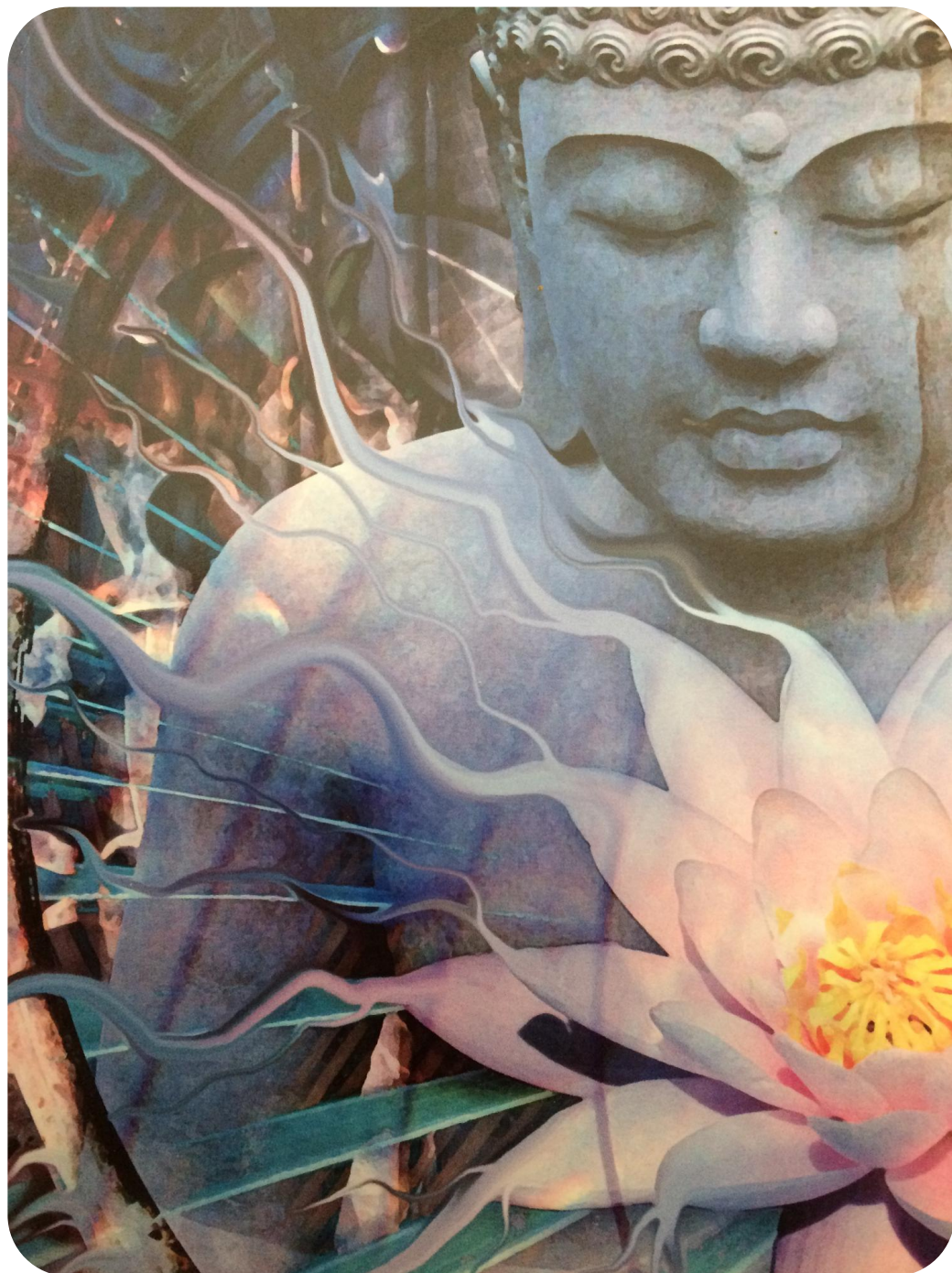
Half day, full day, or multiple day retreats create the space and time for nurturing your creative spirit.

### UPCOMING RETREAT

#### ***Portrait of the Transcendent Multi-media Collage & Acrylic Workshop***

March 16th, 17th, and 18th, 2018  
St Mary's Art Center, Virginia City, NV  
([//stmarysartcenter.org/](http://stmarysartcenter.org/))

REGISTER > ([register.html](#))



#### ***Portrait of the Transcendent Multi-media Collage & Acrylic Workshop***

Since ancient times all wise cultures have known the value of retreat. Time in retreat allows us to step out of the complexity of our life, to listen deeply to our body, heart, and mind. In this retreat you are invited to explore your creative connection to Spirit in a completely supportive environment.

With the hands-on guidance of professional artist Susie Alexander, we will be using multi-media with collage and acrylics on 18"x24" painting boards to create large pieces of art that depict your personal connection to Enlightenment, to Inspirational Awakening, to the Buddha, to the Divine – to THAT for which there are sometimes no words.

This workshop is limited to 10 participants and is open to all levels of experience. You are especially encouraged to join if you've never done this before and have always wanted to try!

Cost is \$275 per person, with an additional discount of \$30 if you share a room. Arts In Wellness tries hard to make these workshops affordable, so please contact us if you are interested in a scholarship.

A retreat provides an opportunity and a caring container for undertaking intensive introspection, like an immersion course in a language.

#### Workshop fee includes:

- ◆ art supplies
- ◆ instruction
- ◆ overnight accommodations for two nights
- ◆ two breakfasts
- ◆ two lunches
- ◆ dinner Saturday night

Arrival time: 3pm on Friday, March 16th  
Departure: 3pm on Sunday, March 18th

- ◆ Please bring a dish for a potluck dinner Friday
- ◆ Accommodations are single rooms with shared bathrooms
- ◆ Must be over 21 years of age to participate
- ◆ Pre-registration required



◆ More details will be sent with registration package

Please email **info@ArtsInWellness**  
(mailto:info@ArtsInWellness.org) with any questions.

REGISTER > (register.html)

[\(//stmarysartcenter.org/\)](http://stmarysartcenter.org/)  
A past participant shared: "Saint Mary's Art Center was a perfect place for our retreat! The art studio was spacious, the rooms were comfortable, but most importantly, it was just far enough away and different enough from home to feel like a real retreat. The group was terrific, and Susie's gentle and loving guidance made even me feel like an artist! The wild horses on the lawn were amazing, and our evening stroll through town was idyllic. I can't recommend a retreat here enough!" -FF

Location  
St Mary's Art Center, Virginia City, NV  
(//stmarysartcenter.org/)

Facilitator  
Susie Alexander

Workshop Fee  
\$275

Deposit  
50% required by March 9th

Cancellation Policy  
\$50 is non-refundable after March 13th



(register.html)

Phone: 530-277-3669  
Email: Info@ArtsInWellness.org  
(mailto:info@ArtsInWellness.org)

PO Box 9944  
Truckee, California 96162



(donate-pay.html)



DONATE  
(donate-pay.html)



(https://smile.amazon.com/ch/34777201)

