

# Creative Rhythms Retreat

Painting with **ROBBIE LAIRD**

**September 17-21, 2017**

**Mountain Home Ranch Resort, Calistoga, CA**

*In the heart of the Napa/Sonoma wine country*

Plus- GUIDED MINDFUL PRACTICES - WALKING- HIKING- STRETCHING- & YOGA!



Robbie enjoying Plein Air painting

**I love the beauty and natural rhythms in nature!**

It is one of my favorite subjects, to paint and to renew myself on many levels.

**Will you be one of a small group to join me in September? There will be painting and so much more!**

Together we will soak in the natural beauty, explore our own Creative Rhythms, and deepen the expression of ourselves and our art.

This is my personal "CPR"... Creating Personal Rhythms, Reviving/Revisiting/Returning to the rhythms that have been ours since childhood, and surround us throughout our lives.

You may choose to...



**BREATHE...STRETCH...**...and have time to feel the natural rhythms...  
**YOGA...Meditation**



**OPEN** yourself to rhythms that are part of the natural world.  
Tap into the natural rhythms you knew as a child...



Sketch-Journal and contemplate



Learn **MINDFUL PRACTICES**



Robbie will be offering guidance for exploring your own personal rhythms and how to express them.



**SEE WORKSHOP DESCRIPTION PAGE 2**

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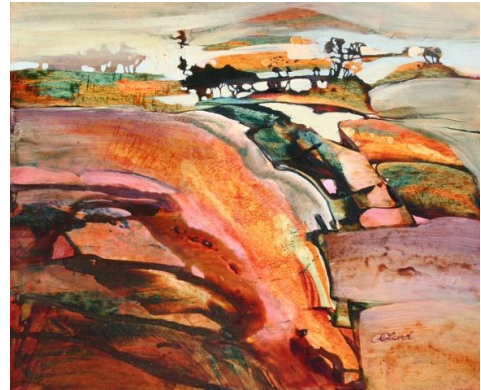
### PAINTING WORKSHOP DESCRIPTION- Robbie Laird

Whether you enjoy depicting whimsical farm animals, bold colorful skies, or lyrical patterns of trees, there will be abundant inspiration in Calistoga, at Mountain Home Ranch. Expansion of your artistic vision is the opportunity at this unique retreat that will also nourish your creative self.

#### Create Your Personal Rhythms

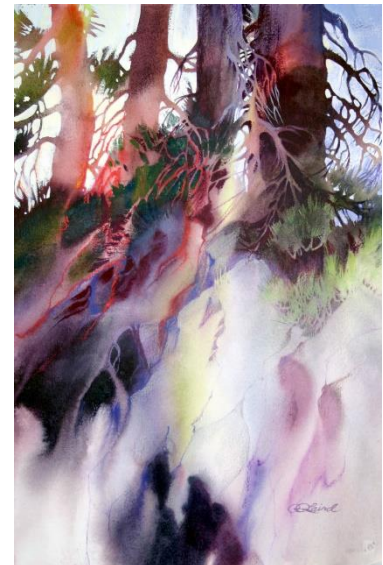
You will begin with what inspires you in nature, follow a sequence of observations, activities and directed steps, to discover within your subject, the natural rhythms in forms, textures, colors.

Using your art journal, you will learn to capture quick sketches, color studies and meaningful words to store the rhythms you may want to express in a painting.



Outdoors and in the studio, Robbie's sketching and painting demonstrations, and personal suggestions, will guide you to express the rhythm and essence in your own way. Robbie will give assistance using a variety of mediums and exciting techniques. You are invited to use a variety of watermedia.

Painters at all levels of accomplishment are encouraged to participate since the individual instruction given in the afternoons, will be adapted to each person's needs. Realistic and Abstract interpretation are equally encouraged.



All-inclusive reasonable prices To register, click here: [CREATIVE RHYTHMS RETREAT 2017](http://www.creativerhythmsretreat.com)  
Location information: [www.mountainhomeranch.com](http://www.mountainhomeranch.com)