



An immersive painting retreat near Bordeaux, France

Re-connecting with life through painting

*"This retreat was life-changing.
I feel more alive and
ready to welcome art in my life on a daily basis! "*

(Previous 'Dive into Life' participant)

The retreat is an opportunity to fully immerse yourself in your painting, working outdoors, in the beautiful natural surroundings of **The French Retreat**.

Suitable for adults, all levels of ability from beginners to advanced.

We normally paint all day, every day, mostly outside.

You will paint, under my guidance but following your own direction.

We will spend time reviewing each other's work to learn from everyone's progress. I will offer you regular feedback and follow your progress closely. You will learn simultaneously, from nature, from the group, from yourself, and from me. As a result, your paintings will be unique and well executed. I expect you will gain enough inspiration from this course to continue painting for the rest of the year if you so wish.

Dive into Life Retreat:

If you are new to this retreat, the only requirement is

a willingness to paint.

You can be at any stage in your painting process, including right at the beginning.

Perhaps you have done quite a lot of art before but are not feeling *in the flow* too much right now. Or you may want to redefine the way you work altogether.

Whatever your situation, if you want to deepen your work in painting, this is the place for you!

In this retreat you will have the opportunity to experience the peace and quiet of the beautiful surroundings in this part of France, the luxury of deeply concentrated time to paint, alongside the nourishment of delicious food. All of this plus the opportunity to connect with a group of likeminded people.

This is to me, the perfect way to end the summer.

By the end, **you will feel transformed through your work and the experience as a whole. We will make sure that you will leave this retreat re-charged, inspired and ready to return to your daily routines.**

Teaching method:

My teaching is primarily person orientated: I am interested in your individual progress rather than passing on a method.

It is also experimental: You will be encouraged to take risks and guided towards the next stage in **your** painting development.

I will help you find what you do best and how to do it better.

You will be positively challenged at your level, at the right time.

Experience has shown me that the best way to master techniques is to **experiment** rather than follow instruction.

I will encourage you to have fun in this way and I will be there to guide you whenever you need it.

My aim is to make sure you progress in your painting from wherever you are at by:

- Helping you further develop your own approach to your work.
- Enabling you to become more informed about options you can use to execute your own ideas.
- Helping you achieve flow and a confident sense of loving freedom towards your work.

Feedback is always constructive within a positive framework.

The intention here is to help you develop your own criteria to make decisions about your work.

Our hosts:

The French Retreat is quite simple, an amazing venue.

Run by my friends Emma and Matthew, situated near Bordeaux in the south of France, the rooms here are stunning and the food is healthy, delicious and plentiful.

From their website:

“The French Retreat is a very special workshop and retreat centre. The vast double height group room with its vaulted ceiling is simply stunning. Each bedroom has a very different feel, from simple French country twin rooms to the Lord of the Manor's four poster bedroom. The en-suite bathrooms are sleek and modern, with traditional features retained. “

There's a lovely **salt water swimming pool on site**, the rooms are gorgeous as is the nearby area. It is quite frankly, a wonderful venue.

Food:

The food at The French Retreat is highly acclaimed. Matthew won awards for the food in his own restaurants in the UK.

Some comments from their website:

"What a delight to be served such fragrant, tasty and deliciously fresh food all week." Renira Barclay, Therapist and Coach, Sussex

"The food was out of this world." Julia Reid, Award-winning chef

The retreat is fully catered, with **3 (vegetarian) meals per day** plus all refreshments. All food intolerances and allergies can be catered for with advanced notice at £10 per day.

Dates:

This year's painting retreat will start on **August 25 at 5pm** with an introduction of the work and a warm up exercise to get you started and ready for the week ahead. This will be followed by a welcome evening meal at 7:30 pm. **Make sure you book your flights to arrive on time for this.** **The retreat will end after lunch on August 30.**

Prices & Discounts:

All meals, basic materials and tuition are all included in the price. All the rooms are very comfortable and beautiful, so the choice here is mainly, shared room or not.

Rooms are assigned on a first serve basis, so booking early gives you a choice. **Camping is not possible** in his venue so, the cheapest alternative will be a shared room. If you book it before the end of January 2021, it is **£800** instead of £950.

The prices below are for courses participants only. Ask for our rates for non-painting partners or family.

It is important to me that this course is accessible to as many as possible and that money does not become an obstacle if you really feel you want to come. Take advantage of the **EARLY BIRD** discount.

Also, PAYMENT PLANS ARE AVAILABLE FOR ALL OPTIONS. You just need to ASK ME so we can make a clear arrangement.

If money could stop you from joining, GET IN TOUCH.

The sooner you book, the longer we have to sort out the finances.

Room Options:



All pricing options include: a room in the house for 6 nights, shared with one other (or single), all breakfasts, all lunches, all evening meals, all basic materials and tuition.

Rooms are beautiful and spacious. Beds are very comfortable. They will either have an ensuite bathroom or shared between 2 rooms.

EARLY BIRD this year is £800 when booked before January 2021 (£950 after).

Some rooms are ensuite, some have shared bathrooms. Allocation will be on a first come first served basis.

£1250 is for **single occupancy** of a room. Single rooms are always limited so there is no early bird discount for this one.

All rooms are gorgeous and very comfortable at The French Retreat.

Prices:

EARLY BIRD: £800! When booked by the end of January 2021.

Shared Room: **£950**

Single Room: **£1250 -limited availability.**

This includes EVERYTHING YOU NEED: Room & board (all meals cooked by an excellent chef), art materials. It only excludes travel and transfers but it is often possible to carpool.



Materials:

Basic materials will be provided but it is always good to also bring your own. I will send you a detailed list with your booking confirmation.

Booking:

To book your place on the course you will need to pay a **deposit of £150 and fill a booking form. This deposit will be refundable only if the retreat has to be cancelled due to Covid again. Please note, it will not be refundable if your plans change.**

**Any further information or to book your place, contact
Johanna at: johanna.berger@hotmail.com / 07946465942.**

About Johanna:

www.johanna-berger.com

I have an MA in Fine Arts from Camberwell College, University of the Arts, London, and a degree in Anthroposophical Art Therapy. I taught painting at Emerson College, Forest Row, England for 9 years. In 2007, I set up BLANK artists' studios and gallery in Brighton.

In 2010, co-founded Involuntary Park, an arts practice working in place-making, regeneration and community engagement.

Currently, I divide my time between working as an anthroposophical creative therapist at the Brighton Waldorf School, working as a creative consultant with organisations internationally, running retreats and painting in my studio in Brighton. My work is represented by Marisol Fine Arts in New York City. www.marisolfineart.com

But above all else, I am the proud mother of a beautiful young teenage girl.

Looking forward to working with you in France next summer!

x Johanna

