



Workshops

www.trezelaharts.co.uk
www.trezelahhealing.co.uk

- Workshops are suitable for all levels of ability and experience
- Professional tuition in any medium
- Personal tuition in small groups
- Min. 3 – 6 max. number of participants
- Free Parking
- Access to Broadband, wireless internet.
- Accommodation in artist's own well established small private-house B&B.
- Lifts to and from Penzance Railway Station to Trezelah Farmhouse, by arrangement
- The Studio is available for visitor's use at any time.
- There is a comprehensive library in the Farmhouse.
- There is a limited selection of easels available, as well as a small selection of materials available for general use in the studio.
- The Itinerary and Talks will vary according to the nature of the workshop that is being held.
- Guests are welcome to stay on after the workshop has finished on Sunday afternoon if they do not want to drive home that evening. Normal B&B rates apply.

1. Making Pictures : Painting the Penwith Landscape.

FRIDAY 18th – SUNDAY 20th APRIL, 2008

By using the landscape around us as a 'model', we will be looking at all aspects of the picture-making process: choosing subject matter, composition, a suitable medium and support, making drawings or colour decisions, etc.

This course is ideal for artists wanting to rekindle those skills which have been put on the back-burner as well as those with more experience who might be willing to try a new approach or a different medium. Some materials will be available for use but please bring your preferred materials also.

2. The Colour of Sound: Exploring Parallels Between Music & Art.

FRIDAY 16th – 18th MAY, 2008

Explore the parallel worlds of music and art using different techniques to tap into your intuitive responses. Looking at historical examples, and listening to different pieces of music, we will explore the meanings behind different colours and the varied effects they have on us.

This course is designed as an experimental experience and suitable for any stage of your artistic development. Some of this workshop will be explored as a group activity and some materials will be available for your use.

3. Finding a Personal Mandala: A Guided Meditation.

FRIDAY 13th – SUNDAY 15th JUNE, 2008

Find a very individual way of coping with the stresses of modern, everyday living by using a combination of guided meditation techniques as well as looking at nature to explore your true artistic potential.

This course is ideal for those people wanting to find a non-invasive way to help alleviate pain or just experience deep relaxation. Re-charge your batteries by connecting to your inner state of calm. You may like to bring a favourite cushion, stool or blanket to use during meditation sessions. Art materials will be provided.

4. Dowsing: Discovering Healing Energies.

FRIDAY 12th – SUNDAY 14th SEPT., 2008

Discover those dowsing skills that we all possess and which can be put to so many good uses from finding an underground water source to unearthing a lost set of car keys! We will also be exploring some of the ways that dowsing can be used in the healing process. This workshop will be fun as well as informative. It is suitable for anyone who has an interest in the subject and wants to have a go. Bring dowsing rods or a pendulum if you have one.