

Re-treat Yourself to a Week of Art and Yoga in Tuscany!



**June 14 - 22,
2014**



Art Instructor: Andrea Borsuk

Yoga Instructors: Jenni Fox and Paul Gould

email: yogarus@namastay.net

and andreaborsuk@mac.com

A Tuscan Obsession: Themes and Variations with Mixed Media

The Art:

This workshop will allow both passionate beginners and inspired artists to discover possibilities and explore a variety of methods to respond to and interpret the surrounding landscape of Tuscany. Learn how to expand upon themes in your work through traditional and alternative drawing and painting techniques. In this workshop, we will use a medley of mixed media techniques with new processes to create a diverse yet cohesive body of work. Working both from observation and on-site sketches we will use materials such as ink, pastel, water-based paints and collage methods. We will focus on formal issues of drawing and composition, design, formatting, and more intuitive approaches to art making. Students can discover a more personal voice by interpreting the classically seductive landscape of Casole d'Elsa and it's environs.

The Yoga:

Enjoy spirited Yoga and self-exploration in an atmosphere of supportive connection, with group size small enough to allow individual attention. With a combined 35+ years of teaching, Jenni & Paul offer you joyful and heartfelt yoga inspired by Anusara, Iyengar, Restorative, Zen Buddhism, and their own playfully serious self-discovery and meditative journey. Morning class will be a dynamic blend of wake up poses, afternoon meditation and restorative as schedule allows.

Program Overview

- 6 days art instruction with Andrea Borsuk
- 6 days yoga instruction with Paul Gould and Jenni Fox
- On site landscape painting
- Group and Individual Critique
- Art Studio Access equipped with drawing boards, easels, art supplies (with materials fee)
- Art Centre package: 2 meals a day, wine included and accommodations on-site for single and double rooms
- Day Trips to neighboring Siena and San Gimignano (optional)





Setting:

This course will be held at the Verrocchio Arts Centre in Tuscany. Casole d'Elsa is a charming medieval hilltop town situated in the wonderful countryside around Siena. It is located 44 miles from Florence and 22 miles from the town of Siena. Verrocchio Art Centre has been offering one and two week classes for 25 years. The "Centro" is owned and run by the British sculptor, Nigel Konstam, and offers specialty workshops, art studios and accommodations and meals for up to 15 students.

The centre also houses painting and sculpture studios, an art library, a slide lecture room, and a plunge pool.

Course fee: \$895
Materials Fee: \$40

The course fee covers 6 days of art instruction, art materials and yoga instruction (all levels). Transfer to and from Pisa airport/transport or Poggibonsi train station will be an additional charge.

Verrocchio Arts Centre: <http://www.verrocchio.co.uk/cms/index.php/painting/-andrea-borsuk>

***Onsite package (shown in British pounds)- 8 nights accommodation, breakfast, dinner and wine (lunch package optional at local tavern)**

Examples of on-site rooms:

Single rooms, shared or private bath: 98-120 pounds per person, per night.

Double room shared bath: 80-90 pounds per person per night

link: <http://www.verrocchio.co.uk/cms/index.php/photos/rooms>

Other accommodations are available in various apartments in the village. There is a hotel 2 minutes from the Centro. Please inquire if interested.

MAKE YOUR RESERVATION NOW!

A \$250 deposit for course fee (tuition) holds your space, fully refundable less a \$100 cancellation fee until 70 days before departure when balance is due. (No refunds thereafter). Please send your deposit made out to: Andrea Borsuk 230 Sheldon Ave, Santa Cruz, CA 95060 831-458-3275

Payments for accommodations are payed directly to Verrocchio Art Centre, UK office (info: Hannah Toomer at office@verrocchio.co.uk).



ANDREA BORSUK, ART INSTRUCTOR

Andrea Borsuk is a painter whose work explores notions of beauty and destiny. She is an Art Instructor at Cabrillo College in Aptos, CA and teaches workshops at the Oregon College of Art and Craft, in Portland. A recipient of the Rydell Visual Arts Fellowship, Andrea's work has been shown at various museums throughout the United States and is in numerous private collections. Her workshops are known for the playful and comfortable atmosphere that she sets and her encouragement of experimentation, personal expression and creativity among her students. She holds an MFA from Columbia University and a BA from UC Santa Cruz. She lives and works in Santa Cruz, CA. Visit her at: andreaborsuk.com

JENNI FOX AND PAUL GOULD, YOGA INSTRUCTORS



Jenni and Paul have practiced and taught yoga, movement and mindfulness for a combination of over 35 years. Inspired by the Anusara™ system since 2001, they are also Relax & Renew™ trainers of Restorative Yoga, have extensive studies in the Iyengar tradition, have completed many therapy trainings and advanced teacher studies and are long time students of Zen Buddhism. Jenni has completed the advanced studies program of Hakomi, and has added a mindfulness-based somatic method studies in Jon Eisman's RCS (Recreating The Self.) Their focus is on heartfelt alignment with nature and experiencing yoga as a transformative tool to joyfully expand all of life. This year they celebrate their twentieth year offering worldwide retreats through NamaStayAdventures. Visit Jenni and Paul at www.namastay.net and email them at yogarus@namastay.net



This Retreat is limited to the first 15 who sign up, so reserve your space early!

Bonus early price for a full 6 days of classes:

Before May 1, \$895 (thereafter, \$995)

