

Art & Soul Workshop

in harmony with nature and self

November 14-22, 2009



El Retoño Eco Lodge presents a week long program "Art and Soul" in which you will learn ways to record your

memories and travel experiences in self made books and explore ways to nourish your soul through massage therapy, reflexology, aromatherapy and yoga. All this will take place in the relaxing, magical town of Coatepec, Veracruz.

El Retoño is an eco-lodge whose goal is to be in harmony with nature. We are located on the outskirts of Coatepec which nestles in the cool, mist shrouded mountains above the hot, humid coastal area of the city of Veracruz. This quaint colonial town offers a peek into the evolving life of a small Mexican town. Since the early 1800's this has been the center of the rich, shade-grown coffee for which Veracruz is famous. These days, however, tourism centers more and more on the natural treasures of the region: waterfalls, hiking, bird-watching, and spectacular flower/orchid shows.

The eco-lodge rests in the middle of 4 secluded acres covered with old growth trees, ferns, bromeliads, orchids, coffee plants and a meandering stream. It is the perfect environment for our week of relaxation and discovery.



This workshop will be conducted by Sandy Bernat

Sandy Bernat worked in the classroom as a middle school English teacher for thirty years, where she developed curriculum integrating the arts with literacy in her own classroom. As a teacher, paper artist, and founder of Seastone Papers, she continues to explore paper possibilities. Her fascination

and regard for the history and culture of handmade paper have included travels to remote areas of the world to explore the origins, plants, and formation of paper made by hand. Her paper art has been displayed both on and off the island of Martha's Vineyard. She will share her expertise with us as we use hand-made paper to create our own memory journals.

A Memory Keeper Workshop

How do we write about self? How do we incorporate stories we have heard in our families or stories we can tell in a visual way? How can we create an accessible legacy for our family or friends? We are all memory keepers. This five day writing and bookmaking workshop will provide a way to be memory recorders. The workshop will focus on techniques in accessing memories, dreams, and emotional truths; finding those stories we have heard in our families or stories we tell about ourselves; and multiple ways to write these as self portraits. We will construct innovative, hard cover books using handmade paper for the covers with interior pages of various papers upon which our stories, images, or illustrated text can be conceptualized. We will also examine the way visual elements extend meaning and intent, suggest emotion, and enhance the narrative. This is an exciting way to create and share the stories we carry with us or record those of others.



Program dates: November 14-22, 2009
Location: Coatepec, Veracruz, MEXICO

Program Cost: \$1200.00 usd

This includes: room (double occupancy), meals, workshop and materials, 2 "Soul" activities, guided tours with English speaking guide, and ground transportation to and from Veracruz airport.

Not included: airfare, gratuities and personal expenses.

For more information please contact Dr Debbie Mounts at debbie@milagrosparati.com or see our web page at www.VistasVeracruz.com