

OBX Art Retreat @Falling Leaves

October 7-9, 2022/\$250 per person
includes lodging + 2 each lite, plant-based
breakfasts & dinners



WHY?

There is a stream of inspiration.
There is a stream of surprise.
There is a stream of challenge.
There is a steam of creativity...
let's go wading in the stream.
~Iona Drozda



Who and Where?

Presenter: Donna Iona Drozda is an accomplished visual artist, educator, author, and public speaker whose personal history and mission supports the awareness that we fare better and tap into deep healing when we express our creative energy on paper, canvas or any surface that allows us the freedom to ‘get it out’ of the physical-emotional body. A masterful workshop presenter Iona assists participants to apply light-hearted creative tools for positive uplifting change. A workshop with Iona makes you an explorer. As a detective you seek the creative clues in your current life experience that, like a trail emerging from a dark wood, leads you into an expansive open space. Iona has been creating art all her life. A mixed media artist, painting and writing are her go-to’s with more than 160 visual journals archived. Her marks on paper have been used in conference presentations representing the capacity endure the challenges of life to joyfully engage day by day. Iona’s work is in hundreds of private, dozens of corporate and a small work commemorating a specific National Park is included in the permanent collection of The George W. Bush Presidential Library. <http://www.donnaionadrozda.com> drozda33@gmail.com



Host and Setting: Your host for the retreat is artist, art educator, recipe developer, food photographer, and freelance writer, **Betsy DiJulio**. She and her husband, Bob, designed virtually every square inch of Falling Leaves, their mid-century, industrial-modern dream home atop a sandy cliff in Southern Shores, NC. Completed in December 2021, their 25,000 square foot home on a large, wooded lot is perched above one of the scenic canals that leads to the Currituck Sound. Beautiful sandy beaches of the Atlantic are less than a mile walk in the other direction. Concrete floors with leaf impressions, 10-17’ ceilings, a wide-open floor plan, and a bounty of natural light are just a few of the reasons to visit this completely custom home filled with art, vintage mcm and handmade artisanal furnishings, and so many connections. But there are many more reasons to stay.



WHAT?

Friday, October 7

6-9 p.m. Welcome & Dinner

- The Sketchbook as Tool
- The Artist's Alphabet
- The Circle of Wholeness: Watercolor, Markers, and Mandalas
- Dreamtime Assignment

Saturday, October 8

9 a.m. – Noon, 1:30-4 p.m. &

7-8:30 p.m.

- The Sketchbook as Companion
- 4 Encounters to Free the Creative Spirit: Drawing on How You Feel; Map It; The Power of Your Other Hand; Rip 'n Tear
- Dreamtime Assignment

Sunday, October 9 "Conscious Closure"

9 a.m. – Noon

- Show 'n Tell/Takeaways
- Burning Ceremony

FORMAT: BASIC ART MATERIALS, PROFESSIONAL GUIDANCE, INSPIRED IDEAS, PLUS A CREATIVE ENVIRONMENT COME TOGETHER PROVIDING TIME TO EXPERIMENT, PLAY, AND LEARN A VARIETY OF RELAXING WAYS TO SLOW DOWN AND BE PRESENT TO THE MOMENT. OUR HANDS-ON EXERCISES AND ENCOUNTERS WILL PROVIDE A FOUNDATION FOR ONGOING EXPLORATION.

OUTCOME: in our weekend sessions we will connect to the natural power tools that reap a soothing creative benefit. Our methods are transferable. You will practice them here and share them with the friends, partners, and young ones in your life, enhancing many situations and circumstances with creative options.

MATERIALS: Please bring a spiral bound sketchbook 9x12" or larger + your favorite dry art materials (no paints please). Provided for you: pocket notebook, pencil, pen, watercolor set, water-based markers, ephemera. Your materials kit is yours to take home and is designed to support an ongoing adventure in simply coming back home to balance and joy.

HOW?

Registration & Accommodations

Accommodations

Falling Leaves:

- 2 double occupancy queen rooms with private water closets and shared deluxe shower and freestanding tub (register with a close friend!)
- 1 double occupancy king room with private deluxe shower and freestanding tub (already reserved)

*Other:

- Airbnb <https://www.airbnb.com/s/Southern-Shores--NC>
- Hilton Garden Inn, Kitty Hawk <https://www.hilton.com/en/hotels/orfkhgi-hilton-garden-inn-outer-banks-kitty-hawk>



The full fee of \$250/person is due at time of registration. **Registration Deadline: September 15.** Please verify space by text to 757.696.1136; then mail check to Betsy DiJulio, 3620 Sea Horse Way, VA Beach, VA 23452. *Sorry, once paid, no refunds unless your spot can be filled from the waiting list. *If you do not lodge at Falling Leaves, the workshop fee is \$150.*

Address will be emailed or texted upon registration.

Photo Gallery

