



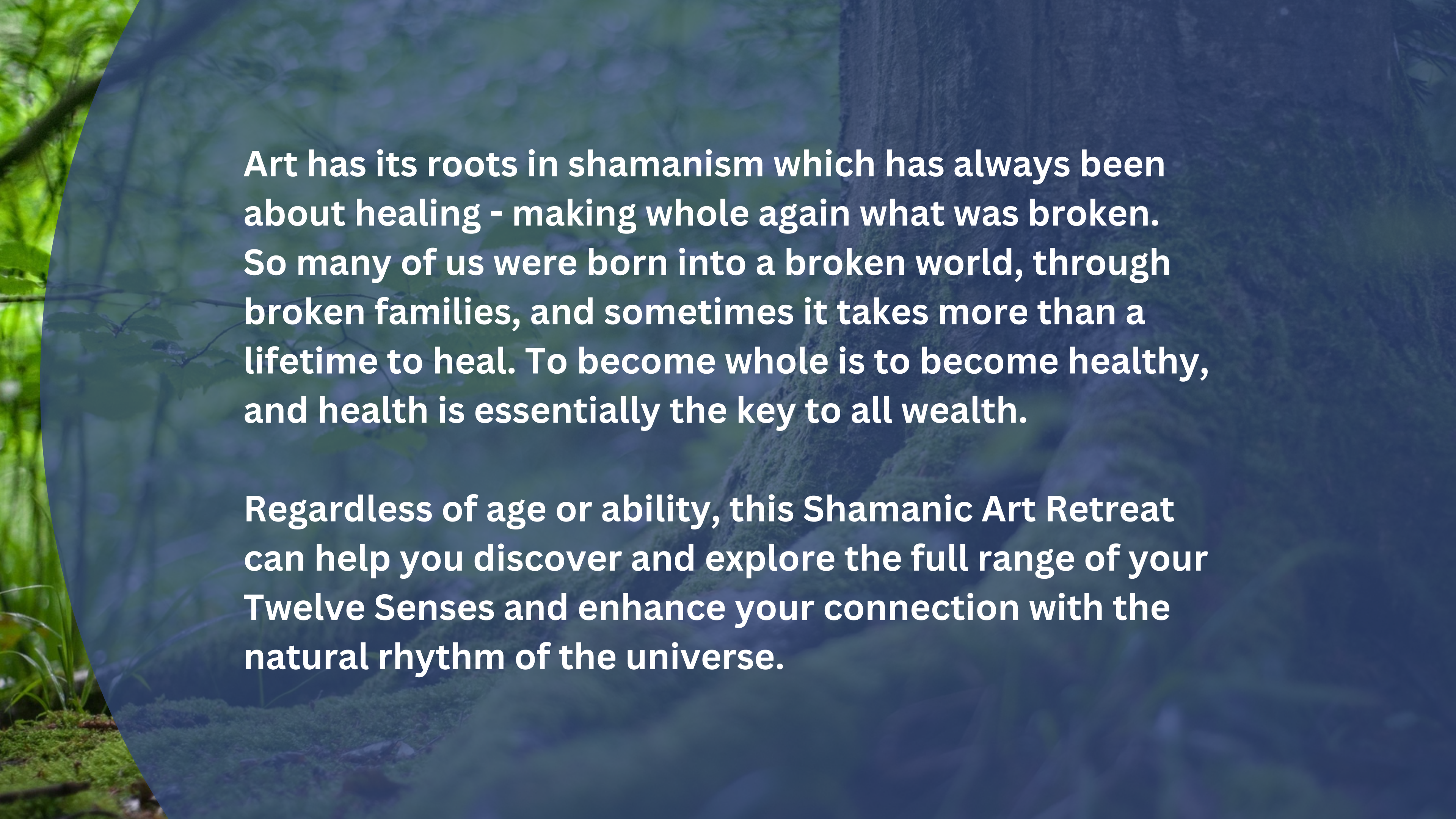
Restore your connection with nature

3D2N SHAMANIC ART RETREAT

RETURN TO HARMONY AND WHOLENESS

24 - 26 Dec 2023

Ever Day Art Studio And Educare



Art has its roots in shamanism which has always been about healing - making whole again what was broken. So many of us were born into a broken world, through broken families, and sometimes it takes more than a lifetime to heal. To become whole is to become healthy, and health is essentially the key to all wealth.

Regardless of age or ability, this Shamanic Art Retreat can help you discover and explore the full range of your Twelve Senses and enhance your connection with the natural rhythm of the universe.

Can a 3D2N Shamanic Art Retreat make you whole? Probably not, but it will certainly set you on the right path to healing and feeling, instead of just thinking, your way through life. What we offer you is the chance to take a well-deserved vacation from your routine: press the pause button on overthinking, reconnect with ancient wisdom, the divine masculine and sacred feminine, the beauty and majesty of Mother Earth, cultivate inner resilience, develop self-love, break free of inherited beliefs and programming, acquire a fresh sense of purpose.





Honey Khor, facilitator

How to accomplish this? Being in a beautiful, natural setting like Magick River helps to ground you in your physical body, so you can let your inner child express itself creatively, spontaneously, while making art with dedicated art therapist Honey Khor, guiding and inspiring you. Having fun with art helps you to relax, release tension, reconnect with your soul, so you can feel at home in your body again.

Mother Earth is constantly reminding us to heal and nourish our inner child, to flow and be fluid like running water, to feel the heat of the sun which gives us energy and strength. Aligning with the elements helps us become more present in our physical bodies, allowing us to tap directly into the wisdom of life itself. Honey is currently studying for a Master's degree with the Tobias School of Art & Therapy, East Grinstead, UK, whose curriculum is inspired by the great visionary Rudolf Steiner.



Antares Maitreya, guest facilitator

Being in the energetic presence of a conscious human like Antares Maitreya, Ceremonial Guardian of Magick River, is in itself an educational experience. Here is one who has chosen, most of his life, to trust his intuition (internal tutor) rather than his intellect. Since the age of 19 he has created his own unique lifepath, exploring inner space and navigating altered states, returning to us with valuable experience and insights from beyond the familiar world. A consummate storyteller and veteran explorer of multidimensional timelines, Antares has the ability to make you look at every aspect of life in a refreshingly new way. In a former life as "Kit Lee" he made an impact as an actor, author, musician, poet and creative consultant. Today he enjoys a simple life free from debts and obligations and enjoys the rare privilege of speaking truth to anyone who cares to listen.



Abigail Wong, guest facilitator

A major part of the pleasure of participating in this Shamanic Art Retreat @ The Fusion Longhouse would be the delicious cuisine prepared with skill and love by resident chef Abigail Wong, who doubles as a guest facilitator, leading us into ecstatic states with her shamanic drumming and her enchanting voice. Abigail has been through a lot in life and is now embarked on an exciting journey as a 21st century medicine woman dedicated to helping others discover their authentic selves and fulfill their true desires.



ART RECONNECTS US WITH OUR HEART

~ Soft Pastel

Soft pastel is highly sensitive to subtle changes in pressure and it allows multiple layers of transparent lines to appear on paper. This technique appeals to those with a transpersonal or meditative approach to the drawing process, and also to those who feel fragile or hypersensitive. The texture of the pastels is dry and the dust can be rubbed into the paper with fingers or hands, which enhances tactile contact and intensifies the experience of art-making beyond the visual level.

~Wet-on-Wet and Veil Painting

We will explore in depth the quality of colours, allow colours to speak directly to our souls. Wet-on-Wet and Veil Painting teach us patience and stillness of mind, facilitate reflection and contemplation through work and play. Veil by veil, we shall activate and awaken our inner life of feelings. Moving with the colours, between empathy and antipathy, dancing to airy and watery rhythms, listening to our own breath and the breath of the natural world around us, finding the perfect balance between our inner and outer selves. In a safe, loving space we can explore together the play of light and dark within us that gives rise to emotional flux and the everyday drama of our human experience.

Photos for illustration purposes only. We will be working on different themes like “Spirit of The Forest”, “Tree of Life”, “Ancient Wisdom”, “The Flow of Life” and “Heaven on Earth”.

THANK YOU!

“Art is a means of connecting two worlds, the visible and the invisible, the physical and the spiritual. The area of our consciousness where culture has its roots lies in the uncontrolled mind of every individual: in the moment when it is given space to make a creative leap. Artists, scientists and spiritual masters alike have great respect for that particular faculty of our human potential. It is in the realization of each individual’s intuitive creativity that everybody would agree with the statement, everyone is an artist.” ~ Louwrien Wijers

“Our true capital is our creativity.” ~ Joseph Beuys