



The Loon's Call Art Retreat Center

in Kempster, Wisconsin

Summer 2016

The Loon's Call Art Retreat Center is located in the Wisconsin North Woods, 10 miles North of Antigo, 3 hours North and West of Madison on Lower Clear Lake. Our art retreats are relaxing and fun as well as therapeutic and designed to engage your emotional and creative energies. Art making mixed with contemplative thought and action in a meditative setting can nourish and renew. Along with creating art, you can enjoy a collaborative dining experience with nourishing and delicious home cooked meals and are invited to stay in our cabins in a private room, shared or dorm space.

Retreats are all inclusive. There is no need to go out and purchase expensive art supplies that you may not need or use again. You are welcome to use what we have and then make decisions about what you might like to purchase at a later date. With the full package, there is no need to arrange your own meals or accommodations. We invite you to come and relax and enjoy the art-making experiences.

The Loon's Call Art Retreat Center is a fantastic place to have your first art experience, if you enjoy creating art occasionally or to help you revitalize and renew your current practice. If you are a beginner, intermediate or advance artist you will enjoy and grow from this experience.

Summer 2016 Offerings

Therapeutic Body Mapping August 19-21, 2016

This is a process that provides a framework to record and reflect on one's personal path through images, writing and reflection. Body Mapping allows participants to access experiences from the physical, mental, emotional and spiritual areas of life. Guided through meditation and visualization participants will depict

their journeys with color, image, line and shape while identifying positive, affirming and possibly challenging aspects of self and culture. The body map can facilitate, empower and play a part in envisioning the future and assessing the past. Body Mapping is a way to explore your personal journey and discover aspects of yourself that may have previously been hidden or unnoticed.

How to Begin and Maintain an Art Journaling Practice August 23-25, 2016

We will work with different techniques and materials to foster an art journaling practice. This type of artistic exploration can be a means of self-reflection that, like a written journal, has the potential to uncover a different perspective of the self, or reveal something that is timely or important in our lives. You do not need to be an artist to come, enjoy and create. Non-artists are most welcome and encouraged to participate. No art experience or artistic talent is necessary to take full advantage of this experience. However, if you are an artist or have dabbled in the arts this experience will be equally enjoyable for you.

Awakening the Heart: Gestural Painting and more August 26-28, 2016

Your heart's energy forms the center of your humanity and feelings for others. Gestural painting combines the versatility of doodling with the freedom of whole body movement. By encouraging you to work with paint on a large scale in an uninhibited way, this workshop provides an opportunity to open up the energy of your heart center on a physical, emotional and spiritual level. This mindful workshop experience will also include heart meditation, visual journaling, movement, sound exploration and more. For artists and non-artists!

Retreat, Meals and Lodging

There are several cost options for retreats at The Loon's Call

Retreat only, \$387.00

The cost of the retreat includes lunch Saturday and Sunday, dinner Friday and Saturday, four art sessions, all art supplies, along with a Saturday evening activity and unlimited studio access.

Retreat with Rustic Accommodations on site:

Private room with shared bath, breakfast and retreat, \$584.00

There are three private rooms in a cabin with one bath, shared with three people

One private room in a shared house with three shared rooms, two baths

One private room in a shared dorm space with three people, one bath

Shared room with shared bath and breakfast and retreat, \$554.00

One large shared room for two people with one bath in a private cabin

Large shared dorm space for three people, one bath

One shared room in a shared house with two baths

If you sign up and pay full price for the first retreat, we can offer a \$50.00 discount for the second workshop and \$75.00 off of the third. We will take an extra 10% off if you refer a friend. Have your friend, at time of their enrollment, tell us you referred them and we will refund you 10% off the cost of your retreat after full payment is received, no discount will be given for accommodations with this offer.

(one friend, one workshop only included in this offer).

Sign up by emailing cventura.ATH@gmail.com

Please let us know, at the time of enrollment, if you would like to share a room, a cabin, dorm space or a house with a friend and we will do our best to accommodate your wishes. Rooms will be allocated on a first come first serve basis with full payment. There are only 12 beds available on site.

There are several hotels in the town of Antigo if you would like to make your own overnight arrangements. Please contact me for a list of suggestions.

Early bird registration by April 1 for a 10% discount.
First installment of \$200.00 due by May 1 with the full amount due by June 1.
50% refund will be given for cancelation by June 1.
No refunds will be given after June 1.
Please make checks payable to Catherine Ventura LLC and mail to:
701 Old Mokapu Rd. Kailua, Hawaii 96734

Facilitators

Elizabeth Lewis is an artist and writer and has been presenting healing art and writing workshops and talk in the United States since 2002, and in Italy since 2009. Awakening the Heart is the fourth workshop in a seven-part series she has developed on Chakra Healing Art. Elizabeth is a certified stress management teacher and forgiveness coach with additional training in global body, mind, spirit practices and trauma healing. Additionally, she trains individuals and groups in Heartmath heat/emotional intelligence and resilience-building tools and techniques. Elizabeth had a private personal development coaching practice in Mequon, Wisconsin.

Catherine Ventura, MSAT, M.Ed. is an artist, art therapist and art educator with twenty years experience as an overseas art educator and twelve years as a professional costume designer/builder. Drawing upon the creative arts, Catherine works with clients to develop skills for addressing the psychological, developmental, emotional and social stressors that affect health and well-being. By engaging in a process of creation followed by reflection, participants in art making and art therapy can experience the revelatory power of art in a safe and gentle environment. She has lived in and taught in Taiwan, Hong Kong, The Netherlands, Myanmar and Japan and now has a private art therapy practice in Kailua, Hawaii.