

Sketchbook Therapy on Atiu

Sketchbook Therapy is an inspiring workshop to acquire a fresh approach to sketching directly from nature.

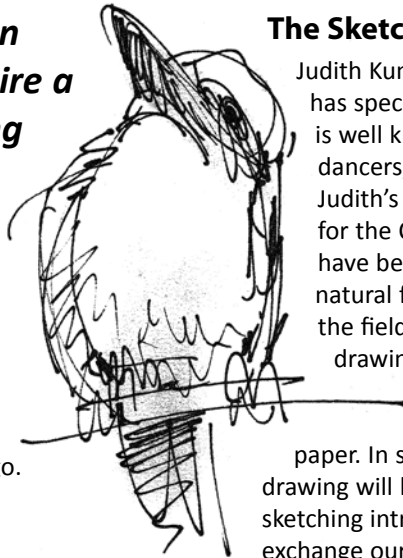
This workshop is not about producing artwork, but about exploring our surroundings and discovering different ways to experience it by sketching.

For beginners, Sketchbook Therapy is a dynamic way to get started with drawing.

For experienced artists it is a refreshing challenge of working outside and on the go.

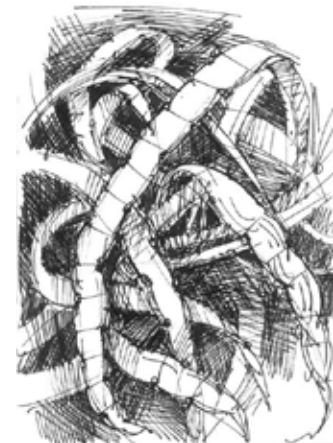
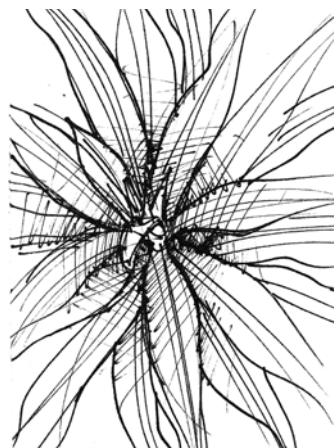
For groups of 2 to 6 persons

- A weekend, 4 days on the island Atiu, in the Cook Islands
- Average fitness for short walks is required.



The Sketchbook Therapy instructor

Judith Kunzlé has been drawing all her life and has specialised in drawing the action. She is well known for her work of Cook Islands dancers, which are all based on sketches. Judith's illustrations of the local flora & fauna for the Cook Islands Natural Heritage Trust have been done on site and by studying the natural form of living plants and animals in the field. **Atiu** is Judith's favourite place for drawing and she invites you to share the fun and stimulating challenge of investigating nature with pen on paper. In seven sessions, the key elements of drawing will be explained, and fresh approaches to sketching introduced. We will enjoy the moment, exchange our experiences and different ways of looking and seeing.



Included:

- Return flight Rarotonga - Atiu.
- Accommodation for 3 nights at the Atiu Villas, including all meals.
- Transfers, all transport to workshop sites.
- Instruction in drawing and demonstrations.

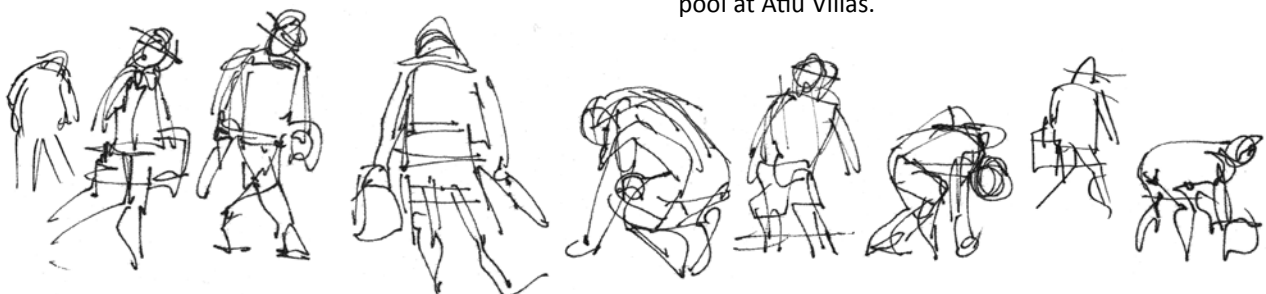
Not included:

- Drinks and special-diet food
- Excess baggage (Luggage allowance is 16 kg plus 3.5 kg carry-on)
- Laundry and telephone calls
- Personal expenses, rental bikes or cars

What to take:

It's easier to move around and find your spot to sketch, if the art supplies are in a backpack. Bring a big plastic bag for the art-supplies and paper, just in case we get caught in the rain.

- Two sketchbooks, about size A4, pencils and pens of your choice.
- Hat, sun-block and mosquito-repellent, and for comfort: a folding chair or mat to sit on.
- Comfortable clothes, light long trousers and long-sleeved shirts work best for sun- and mozzie-protection. Good walking shoes, (no flip flops in the Makatea please) and pack a light rain coat and/or an umbrella.
- Not to forget: a swimsuit to dip into the sea or the pool at Atiu Villas.





The Program:

Day 1 Thursday

18:00 We meet our Sketchbook Therapy instructor at a restaurant/bar in Rarotonga for the program introduction and drinks.

Day 1 Friday

10:00 Rarotonga airport, we meet at the Air Rarotonga check-in counters, 11:00 Flight to Atiu.

12:00 Arrival on Atiu and transfer to Atiu Villas, lunch.

15:00 Walk to the site of the 1st session, in a nearby plantation. Walk to the south coast for the 2nd session. Transfer or walk back to Atiu Villas.

19:00 Drinks and recap

19:30 Dinner at Kura's Kitchen.

Day 2 Saturday

We make our own breakfast in our villa.

9:00 Meet for transfer and walk to the site of 3rd session in rugged makatea forest. Sketch or chill off at Tumai beach before transfer back to the Atiu Villas.

12:00 Lunch at Atiu Villas.

14:00 4th session in garden: Light and shade, textures

17:00 Unwind on a bush walk with Judith or relax by the pool.

19:00 Drinks and recap

19:30 Dinner at Kura's Kitchen

Day 3 Sunday

5th session: Drawing figures at the Atiu Villas pavilion.

12:00 Lunch at Atiu Villas.

13:30 Birdman George's Eco Tour and 6th session: Sketching on the go.

17:30 Umukai on the beach.

19:00 Drinks and relaxation at the Atiu Villas

Day 4 Monday

9:00 7th Session: Working with the sketches.

10:30 Settle personal bills, transfer to Atiu Airport.

12:00 Return flight to Rarotonga.

