

# Sketchbook Therapy *on Atiu*

Sketchbook Therapy is for beginners and experienced artists, everyone who would like to explore nature with pen in hand. The instructor is Judith Kunzlé, a specialist in spontaneous drawing.

For beginners, Sketchbook Therapy is an intensive crash-course in drawing.

For experienced artists it is an inspiring workshop to acquire a fresh approach to drawing outside, and to gather information directly from nature.

For groups of 4 to 10 persons, 4 days/3 nights on **Atiu, Cook Islands**

This program is focused on outdoor sketching. Average fitness for short walks is required.



## The Program:

We meet on Thursday before the tour starts for a welcome drink and briefing.

### Day 1 Friday

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- 10:00 Meet at the airport, at the Air Rarotonga check-in counters.
- 11:00 Flight to Atiu.
- 12:00 Arrival on Atiu and transfer to Atiu Villas, lunch and introduction to the Sketchbook Therapy program and idea.
- 15:00 Walk to the site of the 1st session, in a nearby plantation. Walk to the coast, Matai Landing, for the 2nd session. Transfer or walk back to Atiu Villas
- 19:00 Drinks and recap
- 19:30 Dinner at Kura's Kitchen.

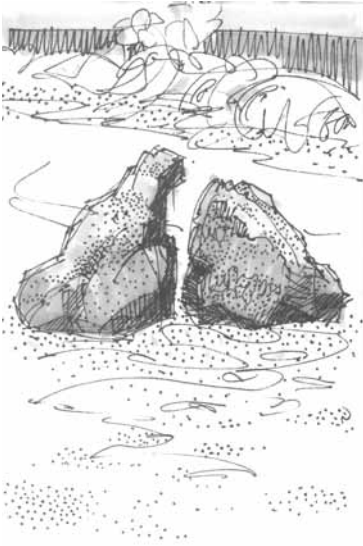


### Day 2 Saturday

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- Fix your own breakfast in your villa.
- 9:00 Meet for transfer and walk to the site of 3rd session in the Makatea. Sketch or chill off at Tumai beach before transfer back to Atiu Villas.
- 12:00 Lunch at Atiu Villas.
- 13:30 4th session: sketching figures at the Atiu Villas pavillon.
- 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





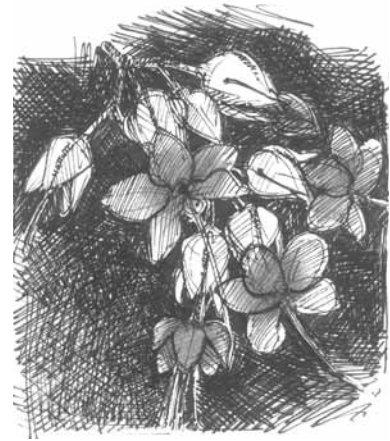
### Day 3 Sunday

Fix your own breakfast in your villa.

Free morning, options:

- Independent exploring
- Visit the Atiu Fibre Arts Studio
- Church service.

- 12:00 Lunch at Atiu Villas.
- 13:30 Birdman George's Eco Tour and 5th session:  
Sketching on the go.
- 17:30 Umukai on the beach.
- 19:00 Drinks and relaxation at the Atiu Villas



### Day 4 Monday

Fix your own breakfast in your villa.

- 9:00 6th Session: Working with and from sketches.
- 10:30 Settle personal bills, transfer to Atiu Airport.
- 12:00 Return flight to Rarotonga.

### Dates

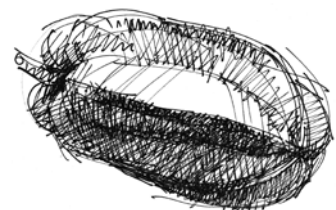
If you can bring a group of minimum 4 participants, we can do a Sketchbook Therapy at any time.

### Cost

Participants	Single	Share Twin/Double
4-5	NZ\$1710	NZ\$1500
6-8	NZ\$1660*	NZ\$1450

\* Due to the limited number of rooms, single might not be available.

For more information or bookings email Judith



***Included in package are:***

- Return flight Rarotonga - Atiu.
- Accommodation for 3 nights at Atiu Villas.
- Transfers, tours, lunches and dinners.
- Instruction in sketching and demonstrations.

***Drinks and breakfasts are not included.***

***The Sketchbook Therapy lecturer***

Judith Kunzlé has been drawing all her life. She is well known for her work of Cook Islands dancers, which are all based on sketches. Judith has specialised in portraying the action, she explores the movement of dancers, life animals, or of breaking waves. Her illustrations of the local flora for the Cook Islands Natural Heritage Trust have been done from fresh plants and by studying their natural form in the field.

Atiu is Judith's favourite place for drawing and painting, and she would like to share the fun and challenges of investigating nature with pen and paper. In six sessions, she will introduce the key elements of drawing, including the human figure, and show fresh approaches to sketching. The ways of looking, inspecting and expressing what we see, and how to gather information for future art work, will be discussed and explored.

[www.jkunzle.com](http://www.jkunzle.com)

***Recommendations for packing:***

- 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.

