

# Victoria Johnson Create Explore

## **Bali Botanicals - Art Retreat**

YOUR ITINERARY - 26TH MAY TO 2ND JUNE 2023



Hi, I am Victoria Johnson, founder of Victoria Johnson Create Explore.

I'm super excited to invite you to a magical art retreat this summer. Spend a week with me in a brand-new, boutique, healing retreat center set in the middle of Bali's lush, green rice paddies. Surrounded by incredible beauty, with the town of Ubud, a popular arts and culture center, just fifteen minutes drive away, you're sure to feel inspired to unwind and connect with your creativity.

During our week together, I'll gently lead you through a process, prepared exclusively for this retreat. I have years of experience, both creating and fostering creativity, and you'll receive focused, one-on-one attention from me as you explore and learn.

Whether you're a beginner or a professional artist, you'll unearth your unique creative potential as you try new techniques and approaches designed to spark your curiosity, help you trust your judgment, and let go of self-doubt.

## DAY 1 - FRIDAY

You'll arrive at your beautiful accommodation in Ubud. Check-in is from 2:00 PM onwards.

You'll join me and the other guests for a relaxing aperitif and we'll get to know each other.

At 6:30 PM you'll enjoy a traditional Balinese Welcome Ceremony followed by a delicious Balinese dinner.

Then you'll rest and prepare for your first full day.

## DAY 2 - SATURDAY



You'll start the day with a lovely breakfast at the resort then head up to the studio.

I'll introduce myself and my work, showing you my paintings and talking about the different techniques and how to combine them. We'll discuss how to use inspiration from your surroundings (focusing on florals) and unearth a unique style.

I'll outline the programme for the week, starting with quick, fun warm-up exercises that introduce you to exciting techniques and materials, working towards creating a finished floral painting by the end of the week.

You'll enjoy a painting demo from me then spend the day exploring new approaches to your art. I'll be on hand, offering support and advice as you paint. A delicious lunch and dinner will be provided at the villa.

## DAY 3 - SUNDAY



You'll start the day with a lovely breakfast at the resort.

Then, you'll travel to a sacred water temple surrounded by ancient shrines and crystal clear water fed by natural springs, where you'll take part in a traditional water healing ceremony where you'll be cleansed and blessed in natural holy water.

The Balinese believe that bathing in these waters is a spiritual experience. It's the perfect opportunity to set your intention for the rest of the week's creative journey!

Following the water ceremony, you'll relax on a Bali Swing and enjoy tea tasting followed by lunch (included in the cost of your retreat) at the beautiful Tegallalang Rice Terraces. You'll return to the villa at approximately 3:30 PM.

A delicious dinner will be served at the villa.

## DAY 4 - MONDAY

You'll start the day with a lovely breakfast at the resort then head up to the studio.

You'll enjoy another demo from me, followed by a day spent practicing a variety of floral painting techniques, focusing on colour, composition, texture, and mixing media.

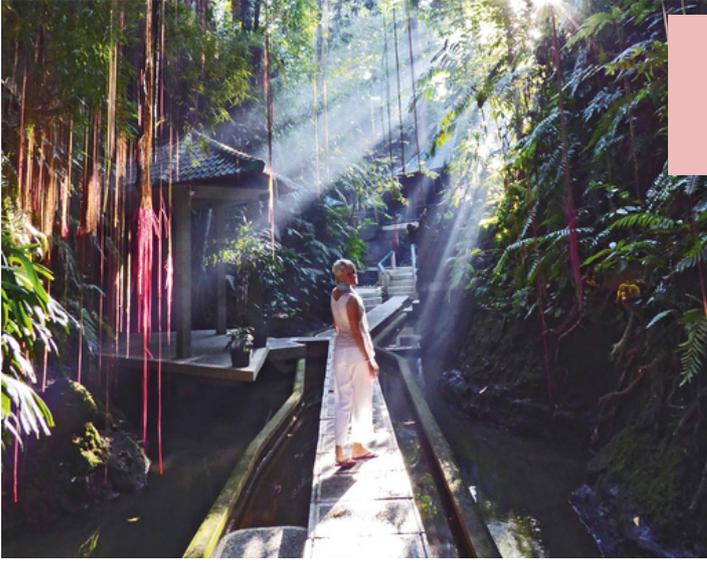
I'll show you how to work with the process in mind rather than the outcome, and how this leads to exciting discoveries that start to define your style.

Feel free to ask as many questions as you like about art and the business of art as I'll be more than happy to share my experiences with you.

A delicious lunch and dinner will be served at the villa.



## DAY 5 - TUESDAY



You'll start your day with a lovely breakfast then you can decide what to do with your day!

You might want to stay at the resort and relax by the pool or maybe have a day of spa pampering and a raw lunch experience!

As an optional extra, you can head to Taksu Spa in Ubud, explore the magnificent garden and the man-made waterfall, then relax with some well-deserved pampering, such as a 60-minute Balinese massage combined with an organic facial or body scrub.

Then you can enjoy a delicious raw lunch, curated by the renowned chef, Arif Springs, set in one of the most magnificent hidden garden cafes in Ubud. Alive with nutritional energy and prepared with artistic flair, this raw lunch is a healthy journey through beautiful surprises to nourish your body, and stimulate your mind.

Then how about some shopping for the afternoon before heading back to a delicious dinner at the villa.



## DAY 6 - WEDNESDAY

You'll start your day with a lovely breakfast then head up to the studio.

You'll spend the day continuing with your artwork, exploring the painting and mixed media techniques you've learned so far.

You'll enjoy another demo from me as I show you further exciting possibilities and discuss how to identify and develop your own, unique style.

A delicious lunch and dinner will be served at the villa.



## DAY 7 - THURSDAY



You'll start your day with a lovely breakfast then you can decide whether you'd like to head up to the studio and continue with your artwork or maybe spend your last morning relaxing by the pool, maybe sketching the lovely surroundings!

You'll spend the afternoon finishing off your paintings and I'll take time to discuss your work with you all individually.

In the early evening, you'll enjoy an aperitif while viewing the week's work presented together in a mini-exhibition.

A delicious lunch and dinner will be served at the villa.

## DAY 8 - FRIDAY



@Team at our Villa

You'll start your day with a lovely breakfast then bid farewell to me and the other guests until next time!

Check out at 12 PM

# OUR RESORT



This stunning resort is a brand-new, boutique healing center, built in 2021 in the midst of beautiful rice paddies. It's situated in a quiet, rural area, just fifteen minutes drive from Ubud. It consists of four low-rise villas with eight bedrooms, one reception area, and a picturesque two-story building with a restaurant and fully equipped yoga shala and spa.

The facilities are nestled in a lush, tropical garden that features a huge swimming pool at its center. The pool is suitable for aqua aerobics or aqua yoga.

The spa offers a variety of relaxing beauty and healing treatments and the dining area/restaurant caters to all tastes, offering vegan, vegetarian, Indonesian, and Western dishes.

All items on the menu are made from local, seasonal, organic ingredients, using coconut or olive oil.



## ACCOMMODATIONS INCLUDE:

- Personal welcome and refreshing drink on arrival
- Onsite Spa, sofa seating area, Small room fridge & Free Wifi
- Outdoor pool, Air conditioned rooms & Private Bathrooms
- Brand new yoga space
- Friendly Balinese Staff
- Onsite restaurant

Retreat Host - Victoria Johnson - [victoria@victoriajohnsoncreateexplore.com](mailto:victoria@victoriajohnsoncreateexplore.com)

Retreat Company - Maree - Soul Bliss Journeys +6282144656112