



INNER AND OUTER LANDSCAPES

We invite you to join our soulful and artful workshop Inner and Outer Landscapes

By **Stephanie Jansen and Ingrid Baart**

In a beautiful nature reserve and comfortable ecologic center 4Ventos in Portugal, near Lisboa and Atlantic coast, we offer a 5-day workshop based on Authentic Movement and Visual Art. Joy in the dancing body and mind, unfolding images from the unconscious and express these in silence as well as in your open air artworks (spatial and/or two-dimensional) are the focus of this exciting event in an inspiring natural environment.

You have the opportunity to work daily with both teachers whereby both disciplines are integrated and will support your personal development, artistic as well as in-depth. Your teachers are experienced facilitators in the visual arts and in movement in-depth.

Dates: arrival October 13 gathering at dinner – closure October 18 after breakfast. Costs: 580 euro incl. full lodging and meals, vegan or vegetarian and all materials, excl. flight, transport from the airport to location (can be arranged at low costs) and extra events outside the workshop. Early bird discount: 560 euro until May 10. Enrollment and full payment closes on July 10 (payment is non-refundable, we advise a travel insurance). Minimal participants is 10. In case we have to cancel the event your payment is 100% refundable. This will be announced 3 months prior to the event.

There is no experience required to participate in the 5-day workshop other than to be curious to explore your own journey, willing to share it with your fellow-participants and to be able to contain your own process. We will offer you more detailed information in the coming months but if you are curious to who we are and to our work you may have a look at our websites: Stephanie Jansen www.stephaniejansen.nl (artworks) and www.storingaub.nl (artcourses) Ingrid Baart www.lotzinmovement.nl Location: www.4ventos.org

For questions and enrollment you are welcome to write: Stephanie Jansen saamjjansen@gmail.com Ingrid Baart ingridbaart@planet.nl