

artful retreat Crete

artful.
retreats

4 days

[trip at a glance](#)

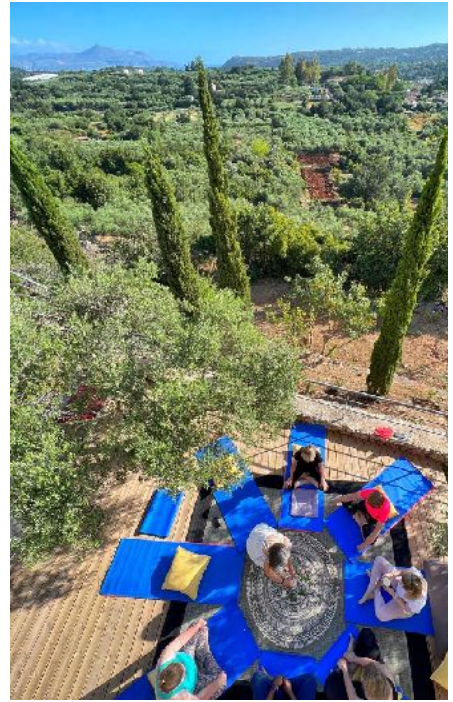
[itinerary](#)

[participants](#)

[guides](#)

[contact](#)

[links](#)



trip at a glance

A 4 days creative journey in the iconic Greek island of Crete to get inspired by magnificent landscapes and domestically renowned artists. We will paint, sketch and sculpture amidst luxurious accommodations and delicious culinary experiences. Guided at all times by an art therapist you will create art. Art inspired by stunning views and the uniqueness of your own intuition, expression and way of seeing.

locations

In simple words ... like no other!

Crete, the island of olive groves and fabulous beaches not to mention authentic greek yoghurt and thyme honey, unrivalled moussaka, gyros, dolmades, the list goes on... You will stay and paint in a luxury estate (www.bleverde.com) in Gavalochori. Gavalochori is a small heritage protected village 20km east to Chania overlooking the village valley and the Aegean sea at the far end. The valley of Gavalochori is often referred as the Tuscany of Crete enjoying all year round silver-green olive groves. We will experience and taste Crete the way locals do.



Program

Weather in spring and autumn is usually nice and warm, but at times can be volatile and may require for us to alter timing of outdoor plans. However if we were able to provide daily amazing weather this is what our plans would look like:

Day 1

Welcome! You are here!

For you staying with us, you will be greeted at the airport and transferred to Bleverde in Gavalochori. Car rides from Chania international airport are 45 minutes and are complimentary.

Afternoon will entail introductions, preliminary information session, and a delicious welcome dinner lovingly prepared.

Arrivals are recommended at 15h00. Session starts at 17h00.

Day 2

Today we will play like children do!

Morning yoga will be followed by a delicious breakfast by the pool. Some fun directions will be on offer today to help you tap into your intuition. Play with materials, experiment with various exercises and beyond all get mindful and find freedom in your expression.

Day 3

Your art - Your way - Your exhibition

Bleverde's art studio and gardens will be our inspiration today. Our directives will focus on the uniqueness of your own expression. We will draw and talk. Towards the afternoon you will get transformed from artists to gallerists and you will set up your own exhibition. Time for all of us to admire each other's artistic journey.

Day 4

It may sound like the end but it is a start ...

Morning yoga and a wrap-up session will bring us all together this last day. After breakfast we will have to say goodbye and farewell.



participants artwork from workshop May 2015

A great way to start the day

yoga

Our mornings will start with a yoga class like no other. In the terraces of Bleverde, amidst olive trees under the sounds of nature our yoga therapist will take us to different body and mind journeys everyday. Classes cater all levels. Participants that had no previous experience with yoga are very welcomed.

Please do not miss a class. It is a great way to start the day.

Yoga classes are complimentary.



morning yoga from retreat May 2022

participants

Original in the world of wellness travel this is the 6th year in the row we offer Artful Retreats in Greece and Switzerland. These art retreats are for you who have an interest in embarking on a journey to achieve personal growth while exploring the uniqueness of your own creativity while getting inspiration from the culture of your host country.

You do not need to be a painter. You do not need to be an artist. No prior skill in art making is required.

This retreat is not about mastering artistic skills is about using art to express freely, gain insight and experience self development. Participants on the retreat hail from many countries and often different continents enriching the cultural diversity of groups and making them more fun and interesting.



group artwork from retreat October 2017

your art - your way

Artful Retreats follow Art Therapy's principles. They focus on the participants' creative process within a trustworthy relationship with a trained art psychotherapist. The focus of the art guided sessions in these retreats is on the art making process, which will evolve around the unconscious and the conscious; on metaphor and symbol.

There are no rights or wrongs in this creative process and there is no need for an aesthetically pleasing result. The Art Therapist does not interpret the artwork but will encourage the participants to reflect upon what they've created, and how it relates to themselves. Sometimes using words alone is not enough to create awareness, convey meaning and encourage change. However words in combination with images bring new dimensions in our way of seeing and thinking. When there is awareness, change may occur.

Art therapy was born in the 60's in the US. Kids with disabilities were the first audience of art therapy which quickly developed to a formal psychotherapy method also for adults. The first adults art therapy healed, were soldiers dealing with trauma, returning from the Vietnamese war. [Read more about art therapy here](#)



art guide(s)

Penelope Orfanoudaki

I am Greek born, living and working abroad in Asia and Europe for over 20 years; my emotional homes are Crete and Champéry in Switzerland where I currently live. With a corporate background, dealing with difficult emotions was disorienting, frustrating and often shameful. Studying art therapy was my way to help myself recover from burnout and it was such a powerful and profound experience that it is now a passion to share it and help others. Founding www.artfulretreats.com is the result of this passion. In Singapore and Hong Kong I worked with children and served as the art therapist of the national school for the blind, Ebenezer HK. Later, in Stockholm's Folkuniversitetet my art therapy based courses focused on adults only. The last few years I took interest on mind-body interaction and I am a post grad in Psychology and Neuroscience of Mental Health from King's College London, always with the intention to better inform my work with art therapy.

Romny Vadoros

Romny is South African and practising Art Psychotherapist in Sydney. She runs an established and successful private practise supporting children, adolescents and adults. She has long experience in helping children and adults in the spectrum. Her particular interest in elderly brought her to Sydney's Memory Innovation centre where she run very popular art therapy groups for elderly living with cognitive limitations. She co-facilitated an art group for adults with ABI - stroke/aphasia at Macquarie University and offering clinical supervision is part of her practise. She is passionate for people to develop a greater sense of self through the creative process. Romny is a Fine Arts graduate and we were classmates during our MA in Art Therapy in Singapore's La Salle. She brings a uniquely wonderful creative and intuitive spin in her work with her clients.



Romny and Penelope - retreat October 2017

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Links

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