

SNEAK PEEK

WABI-SABI ONLINE CLASS



WABI-SABI ART RETREATS
San Miguel de Allende, Mx

PREPARED FOR
Sneak Peek Preview

WABISABIARTRETREATS.COM

What are the aspects that define the Wabi-Sabi Day Retreat that make it so special?

The art journey is usually held as a day retreat at a beautiful outdoor location in nature, which is different from most other art classes.

The experience is designed to start with slow movements while breathing to get guests tuned into mind/body with the right focus and energy – you'll be teaching your guests how to get into the “Zone” of all possibility.

The art that comes from the breathing exercise is what makes it so special! Art without this special “qi” energy looks flat and lifeless.

Wabi-Sabi art is a creative experience without the mind getting in the way. It's an expression of your guests energy and soul. It's an expression of freedom, personal power and creativity. It's an art form that is not perfect, but beautiful in the imperfections.

The art expression comes from your guests energy becoming one with the brush (the “brush mind.”) Performing the art is much like a meditation – how the art comes through is secondary. It's the art of imperfection. It's life and energy expressing itself as art.

You want to give your guests a class that is fun, effortless and with no identification of doing the art. You are showing your guests how to get out of their own way and empty themselves on the paper. You do not want your guests focusing on knowledge, beliefs or skills, only the act of the moment with energy.

The art your guests create will always be unique depending on the energy that is expressed. Wabi-Sabi art shows how life runs through us when we get out of the way.

Wabi Sabi art is all about the process – it's like the stamp of all that took place. It's a special "fun therapy" that needs no lengthy explanations and meetings. Retreat guests will want to come back time and again for the experience you deliver.

Providing Wabi-Sabi Art Retreats at Destination Resorts

Today, the Wabi-Sabi Art Class is shared as a day retreat - experience journey to be given at destination resorts, retreats or other beautiful locations either in your hometown or traveling as a Guest Artist.

The day retreat is designed for participants to experience wellness in a super fun new way to calm the mind, breathe in energy, meditate with gentle movement and then put this insightful state-of-mind into giant brushes for art expression.

Think of Wabi-Sabi Art as a new type of wellness therapy. Your guests will see how the paint bends and layers on the paper, bringing them into a present-moment, meditative awareness. For many, this is one of the easiest ways to meditate, because you are allowing the painting to guide the mind into a meditative state, rather than sitting still and trying to stop the mind.

It's all about helping your guests feel free to mess up, make mistakes, waste time, get lost, and let go of all the old stories. You want your guests to feel free from feelings of lack, scarcity, or limitation as you send them into the field of pure possibility releasing anything that has been holding them back.

The magical element of this experience is how your guests can free their mind so the energy ripples out beyond the paper and changes the way they look at everything in life. This is about experience, not thinking.

And, you as the teacher will also gain wisdom and receive a new level of clarity as you host others.