



SPIRITED EVENTS



“Spirited Painting & Intuitive Art – Connecting Thru Art with Yourself and Others”

With
Dezra Anderson

Thursday, November 11, 2021 to
Sunday, November 14, 2021

The Baladerry Inn
Gettysburg, PA

This interactive retreat will give you a new way to connect with yourself to grow your intuition and insight. Intuitive art is a process of creating art using our inner awareness as a guide to create. The main premise of intuitive painting is to tune into your own unique creative process, your art language, while releasing attachment to meaning, control, expertise or final product. We are not creating masterpieces. We are putting our emotions, feelings, intentions, and dreams on the canvas with color and abstract marks. The goal of this workshop is to create space for you to feel free to express yourself. This space is free of judgement, expectations, criticism, and second guessing. This space is full of love, connectedness, inspiration, play and joy. Open up and inward as we explore this new way of connecting with ourselves and others through art!

EVENT FEE

(BASED ON ROOM OCCUPANCY)

Double Room Occupancy
\$514 per person

Single Room Occupancy
\$761 per person

INCLUDED IN YOUR EVENT FEE:

- A 3-Night Stay at the Baladerry Inn
- Breakfast All 3 Mornings
- Pizza, Sub & Salad Dinner on Thursday Evening (Special dietary needs can be addressed)
- 8 Art Workshops
- 8 Paintings and 2 Drawings of Art You Create To Take Home
- Art Apron and Some Art Supplies to Take Home

**See the list of workshops on page 3*



WEEKEND AGENDA

THURSDAY	3:00-6:00pm	Check In
	6:30-7:30pm	Welcome Reception and Dinner (Included with Event Fee)
	7:30-9:30pm	MediDoodle Exercise
FRIDAY	8:30-9:30am	Breakfast (Included with Event Fee)
	9:30-12:30pm	Workshop – Intuitive Painting – Dream Catcher (Base Coat)
	12:30-2:00pm	Lunch
	2:00-4:30pm	Workshop – Intuitive Painting – Dream Catcher (Finish)
	4:30-5:30pm	Free Time
	5:30-7:00pm	Dinner
	7:00-9:00pm	Workshop –Art4Healing®
SATURDAY	8:30-9:30am	Breakfast
	9:30-10:30am	Workshop – Mandala Meditation
	10:30-12:30pm	Workshop – Intuitive Painting –Power Animal (Base Coat)
	12:30-2:00pm	Lunch
	2:00-4:30pm	Workshop – Intuitive Painting – Power Animal (Finish)
	4:30-5:30pm	Free Time
	5:30-7:00pm	Dinner
	7:00-9:00pm	Workshop –Art4Healing®
SUNDAY	8:30-9:30am	Breakfast
	9:30-11:00am	Review of Weekend Activities
	11:00am	Check Out

(Agenda is subject to change)

DEZRA ANDERSON

Certified Art4Healing Facilitator and Certified Creativity Fit Coach

"I have been creating a meditative painting practice for myself that allows me to calm my mind and tune in to my intuition. I express my feelings and intentions with color and abstract marks on canvas. This form of meditation allows my mind to quiet while I let my intuition guide me to the next color or mark on the canvas. The objective is to let go, listen, and feel to create whatever comes through.

My goal is to hold a space for myself and others to return to the joy of painting for no other reason than creative expression, just like when we were all in kindergarten. The space I am holding is free of judgement and expectations, and is full of love, acceptance, and connectedness. I am holding space for you to create your future. I am holding space for us to connect through art with ourselves and others."



INTERACTIVE WORKSHOPS

MediDoodle- 1 Workshop – 1 Drawing

MediDoodle is the combination of mediation and doodling. The act of focused attention on a scribble by adding pattern and color provides the same benefits of a traditional meditation. All thoughts and daily to-do lists are pushed from your mind and you are very present in this moment filling in sections with patterns or color or both. Do what intuitively comes to you. The goal is to be present, create and to fully engage with your doodles in a meditative way. It requires slowing down, focusing on the paper and pen and doodling repeatedly with full intent allowing you to be present and aware. Nothing more.

Intuitive Painting (Dream Catcher) 2-Part Workshop – 1 Painting

Our Dream Catcher painting is a guided, layered, abstract painting process. While there is an end result, no two will be a like. The layers build one upon another intuitively with intentions, colors, and shapes. All of the parts of a dream catcher have meaning. The hoop represents the circle of life or earth mother. The beads represent the 7 directions being called upon to give blessing. The web represents the spider weaving your life dreams and energy in the universe. Good dreams flow through the webbing down to the feathers and drip good dreams down on you while you sleep. We will create our own personal dream catcher layered with our intentions.

Art4Healing – 2 Workshops – 6 Paintings

Art4Healing® is a guided abstract painting process to support emotional healing and self-awareness through art and creativity. It is especially helpful for anyone living in pain, grief, fear or stress. It is equally beneficial to celebrate love, joy, and hope. Art4Healing® curriculum contains strictly guided exercises, rather than loosely formatted art sessions. These exercises are specially designed to elicit emotional responses. Participants leave encouraged, with enhanced clarity and insight.

Mandala Meditation – 1 Workshop – 1 Drawing

The process of creation, even doodling, is equally beneficial, calming, and revitalizing for everyone. Doodling helps clear the mind, relieve stress, improve focus, encourages relaxation, and enable general mindfulness.

Intuitive Painting (Power Animal) 2-Part Workshop – 1 Painting

What is a Power Animal? As defined by Dr. Steven Farmer (author of [Animal Spirit Guides](#)), “Power animals are spirit guides in animal form, valuable allies who can help you navigate through life’s challenges and transitions.” The animals teach us, guide us, empower us, and remind us of our wild soul and inner strength.

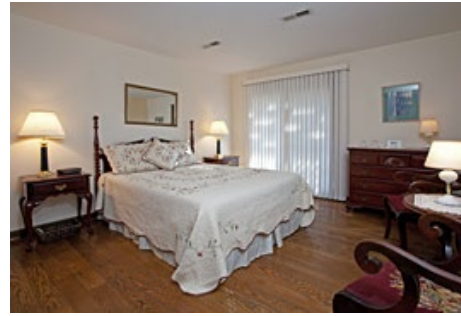
The Power Animal painting is a guided, layered, abstract painting process combined with an image of your personal power animal. Like the foundation for the dream catcher, the foundation layers build one upon another intuitively with intentions, colors, and shapes. Don’t worry about not being able to paint an animal, I have a trick for that! You will find an image of your animal, print it out in black and white, adhere it to the canvas, and then use the image as a painting guide. Fun and easy!

How do you figure out your Power Animal? There's a meditation for that! When you register, we will provide links to suggested power animal meditations for you to do prior to the event. When you have met your animal, search for an image you want to use for your painting. A full-page printout will work the best as we will be using a 16” x 20” canvas for this painting. Email your chosen image to Jofa@spiritedeventsbyjofa.com.

ROOMS ARE ON A FIRST COME, FIRST SERVE BASIS

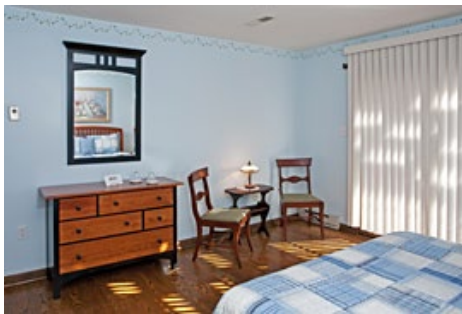
ROSE ROOM

Open the door of the Rose room and a feeling of warmth envelopes you. In the Carriage House, Rose features a private patio, private bathroom and queen bed. Maximum Occupancy - 2



DAISY ROOM

In the Carriage House, Daisy has a country accent and features a private patio, private bathroom, and queen size bed. Maximum Occupancy - 2



MARIGOLD ROOM

Sunny Marigold, located in the Carriage House, features a fireplace, sitting area, with single sofa bed, queen size bed and private bathroom. Maximum Occupancy - 2



SHAMROCK ROOM

A touch of Ireland, in the Carriage House, features a fireplace, sitting area with full sofa bed, queen size bed and private bathroom. Maximum Occupancy – 2



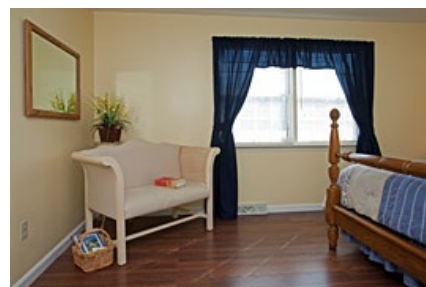
TULIP ROOM

Cozy room located in the Main House features private bath and queen size bed, close proximity to common areas. Maximum Occupancy - 2



GARDEN ROOM

Located in the Main House, the Garden room features private bath and queen size bed, close proximity to common areas. Maximum Occupancy - 2



PRIMROSE ROOM

In the 1830 house, this large, airy upstairs room with a Victorian accent features twin beds, which can be converted to a king bed (as shown on the right, above), and private bath located across the hall. Maximum Occupancy - 2



VINES ROOM

In the 1830 house, Vines is a large room filled with light upstairs, featuring electric fireplace, a king bed and private bath. Maximum Occupancy - 2



WILDFLOWER ROOM

This charming room upstairs in the 1830 house features a private bathroom with a single whirlpool tub and queen size bed. Maximum Occupancy - 2



GARDEN ROSE SUITE

Two room suite in the Carriage House. Cottage Rose features a sunroom with queen size sofa bed, large bedroom with king size bed, private patio, fireplace, private bathroom, TV, free wi-fi access, and a private patio. Maximum Occupancy – 4

RESERVED



IMPORTANT NOTES

EVENT FEE:

Double Room Occupancy - \$514 per person

Single Room Occupancy - \$761 per person

(A non-refundable \$250 deposit is required to reserve your room or full payment at time of registration. Any outstanding money is due by October 15, 2021 and will include a \$25 finance charge.)

The Event Fee includes:

- A 3-Night Stay at the Baladerry Inn
- Breakfast All 3 Mornings
- Pizza, Sub & Salad Dinner on Thursday Evening (Special dietary needs can be addressed)
- 8 Art Workshops
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THINGS TO BRING

- Bring comfortable clothing that you don't mind getting paint on (aprons will be provided)

CANCELLATION POLICY – A non-refundable \$250 deposit is required to reserve your room or full payment at time of registration. Any outstanding money is due by October 15, 2021 and will include a \$25 finance charge. There are no refunds if you cancel or do not attend this event after registering.

SMOKING POLICY

Smoking is permitted outside only (patio).

EVENT ADDRESS

Baladerry Inn, 40 Hospital Road, Gettysburg, PA 17325

QUESTIONS AND CONTACT INFORMATION

If you have any questions, please feel free to contact Jofa M. Kauffman at Jofa@spiritedeventsbyjofa.com or by phone at 717-324-9464.

