

The Purple Cottage presents



Art & Dreams Bound 2010 with Carmen Torbus

Spend the weekend constructing your personal Dream Book. Explore a mixed assortment of techniques, exercises, prompts and methods to uniquely express your thoughts, emotions and individual artistic style. Cultivate your wildest creative dreams and tuck them neatly into your Dream Book to cherish, reflect upon and nourish your soul.

Enjoy a supportive atmosphere where you can give your muse the complete freedom to play and experiment with many techniques. My demos will use paint, papers, photos, ink, collage and other media. I will toss some exercises your way to challenge you to dream bigger and expand your vision. We'll explore words and text to create personal affirmations and find creative ways to incorporate them in our Dream Books.

At this retreat you are free to make a mess, play and let go of the need for perfection. I will gently and playfully encourage you to let loose and fully engage in the moment - creating simply for the joy of the process. Enjoy sheer artful indulgence!

Throughout the weekend, we'll use brushes, pencils, our fingers, stamps, crayons and other tools to create texture and add color to the pages that will fill your Dream Books. We will work on several pages simultaneously, giving you complete freedom to work intuitively. Savor absolute creative abandon!

You can choose any surfaces you would like to work on for your book pages. Try using several different sizes and types of pages for technique experimentation and to make your Dream Book uniquely yours.

Your book covers will be painted and embellished during the weekend. They can be made of anything you wish. Use your imagination. Canvas board, old book covers, wood, up-cycled cereal boxes, cardboard, plexiglass... nothing is off limits.

At the end of the weekend you will hold the beginnings of your Dream Book. Your book will have pages holding your dreams as you see them now and pages

with space to journal and add more detail as you reflect on the retreat and as your creative dreams emerge. Bound in a non-permanent way, you'll have the freedom to continue adding to, and altering your book as you grow and your dreams evolve.

My goal is for you to leave the workshop completely blissed out and ready to embrace your creative dreams with a newfound confidence and willingness. I can't wait to watch your wildest dreams come true.