



www.andreadosantos.com

Art from the Heart

A WEEKEND RETREAT TO UNWIND & CREATE

Join artist and writer Andrea Do Santos for a weekend of creative expression, meditation, and celebration through different art exercises. The workshops are designed for participants of all artistic abilities. This ensures that everyone can enjoy and benefit from the retreat. Novices or those who were told they weren't good at art when they were at school are especially encouraged to come along- it's time to release your inner artist!

Residential Single Accommodation including all meals and program – \$495

Residential Shared Accommodation including all meals and program – \$345pp

Non-Residential full weekend including all meals and program – \$230

Bookings; Trybooking <https://www.trybooking.com/CXGZF> or phone us at The Abbey on (03) 5156 6580.

Why Attend?

- Stress Relieving, Creative Expression, New Skills
- You Deserve a Pre-Christmas Pressie!
- Come with a Friend and make it a Girls's Retreat!
- Art Exercises can be revealing, healing but mainly, FUN!

"Art washes away from the soul
the dust of everyday life."
Pablo Picasso

Details

December 5th-7th 2025
The Abbey
Raymond Island