

ART RETREAT IN THE AUSTRIAN ALPS

August 4 – 10, 2024

EXPAND YOUR CREATIVITY AND SOOTHE YOUR SOUL DURING THIS
6 DAY / 7 NIGHT OPPORTUNITY TO PAINT, DRAW, LIVE WELL, EAT WELL
AND BASK IN THE INCREDIBLE ALPINE BEAUTY OF AUSTRIA.

*Don't miss this special week-long workshop dedicated to your artistic experience,
guided by artist Patricia Saxton. Beginners as well as experienced artists are welcome
for a deep, refreshing dive into nurturing what your heart wants to create.*



We'll stay at Chalet M, a boutique inn surrounded by grand vistas. and we'll be nourished with meals cooked just for us by a world-class chef. We'll visit a pristine lake and a mountaintop art installation, enjoy hiking and mindful forest walks after sunup, toast the stars at sundown – and in between will be plenty of time to create art.

In our barn studio, I'll provide instruction, demonstrations and insights from a lifetime of making art and I can't wait to see what magic unfolds!



ACCOMMODATIONS

Chalet M is located in the heart of the Alps in Vandans, Austria. With panoramic mountain and valley views from private balconies, enjoy organic cotton sheets on the beds, organic toiletries, and settle into a serene, nourishing environment. The chalet offers 2 private rooms and 3 suites.

Each room has a balcony, cable tv, free wifi, minibar, digitally controlled safe, rain shower heads, bathrobe, slippers, hair dryer and organic bath products and private bathrooms. All beds are king-sized. Suites include couches with pull-out queen-size beds, accommodating two guests comfortably. The Chalet M and Premium Suites have additional half baths.

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MEALS

We'll plunge into the local culture on our first night, with dinner at a traditional Austrian restaurant. During the week, two scrumptious, healthy dinners will be prepared for you at the Chalet, and we'll have another meal (with cooking lesson!) using our own foraged herbs.

Full, organic breakfasts will be provided daily. There is a local cafe and supermarket for easy access to lunch foods or snacks. Additional options are available in the larger town of Schruns, a 10-minute train ride away.

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THE ART PART

Studio time will revolve around drawing, acrylic painting and oil painting, inspired by anything that captures your imagination. Our small group setting allows for plenty of personal attention – this is *your* art journey, so whatever your artistic level, you'll be encouraged to follow your own callings – with prompts, instruction and guidance at the ready!

We'll also bring our sketchpads along on a “hike and draw” excursion to the Lünensee, one of the region's largest natural mountain lakes, often referred to as “the pearl of the Alps”. You'll want to bring them with you on our trip to the town of Lech as well, in case inspiration strikes before our evening tour of the James Turrell Sky Space exhibit.

Materials will be provided. You are welcome to bring your own tools, but we've got the basics covered.

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TRANSPORTATION

Trains are a favorite way to go! We suggest taking the train to and from the airport if flying into Zurich. (It's easy – details will be provided) Hop on the train locally if you'd like to visit the nearby town of Schruns (about a 10-minute train ride). There are also buses from Schruns to most areas in the Montafon Valley. Some of you may want to rent ebikes in Schruns as well.

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SUGGESTED PACKING

Temperatures in August usually average between 78F during the day and 60F in the mornings and evenings. We recommend you toss in a bathing suit, hiking shoes/boots or sturdy sneakers, rain jacket, light jacket or fleece for cooler times of day. Drawing, oil and acrylic paint supplies will be provided, but you're welcome to pack any favorite tools. You'll need a power adapter for those European outlets – and, of course, don't forget your valid passport!



YOUR HOSTS



PATRICIA SAXTON / Award-winning since youth, Patricia Saxton has spent a lifetime crafting all things art and writing. Exhibited widely throughout the New York/Philadelphia metropolitan areas before making her mark on the southwest art scene, Saxton is an equally accomplished painter, illustrator, writer and graphic designer. Creative director of design firm Saxton Studio, she is also the author-illustrator of an inspirational design book and three best-selling children's books. Her approach across mediums is both intuitive and disciplined, with an eye for detail and a spirit of originality using a palette that reflects a deep sensitivity for light and color.

Creating on a daily basis, sharing her passion and her depth of experience to help others embrace their own unique gifts are just a few of her favorite things.

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LAURIE WEISMAN / Laurie Weisman is a certified mindfulness teacher, happiness trainer and professional coach. As founder of evenKeel wellbeing(evenkeelwellbeing.com), Laurie helps clients create a sense of wellbeing through finding clarity of heart and mind, balance and resilience, and a life of joy, purpose and meaning.

Laurie loves the majestic beauty of the Austrian Alps and is thrilled to be able to co-create and lead wellbeing retreats at Chalet M integrating nature, movement, calm and creativity.

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FRANZ MITTERER / Returning to Austria where he originally trained as a gourmet chef, Franz Mitterer brings his decades long experience in the culinary and hospitality world back to his native Vorarlberg at Chalet M.

His passion for healthy and wholesome food was honed throughout his many years working as a chef. His career brought him around the world including serving as Corporate Chef for the Ritz Carlton Hotel Company, as well as stints in Geneva Switzerland, Monte Carlo, Hawaii, San Francisco and Washington DC. After leaving the hospitality industry, Franz founded and is the former publisher of the trendsetting publication Art Culinare, a magazine about and for chefs.

Franz is excited to share his fresh take on traditional Austrian cuisine with Chalet M guests.

ITINERARY

SUNDAY / ARRIVE!

- 11:30 – 3:00 Check-in
- 5:30 – 6:30 Welcome Drink / Meet and Greet
- 7:00 – 9:00 Dinner in a traditional Austrian restaurant

MONDAY

- 7:00 – 7:30 Mindful Walk in nature
- 8:00 – 10:00 Breakfast
- 10:30 – 12:30 Studio
- 2:00 – 5:30 Studio / Outdoor Sketching
- 6:30 – 8:30 Dinner at Chalet M

TUESDAY *(Excursion: Lake Trip 11:00 - 4:30)*

- 8:00 – 10:00 Breakfast
- 11:00 – 4:30 To the Lünensee – lunch, hike & draw
- 6:30 – 8:30 Dinner at Chalet M

WEDNESDAY *(Excursion: Foraging trip 4:00 - 7:30)*

- 7:00 – 7:30 Mindful Walk in nature
- 8:00 – 10:00 Breakfast
- 10:30 – 12:30 Studio
- 2:00 – 3:30 Studio
- 4:00 – 7:30 Foraging / Cooking Lesson Dinner / Schnapps Tasting

THURSDAY *(Excursion: Trip to Lech 2:30 - 9:30)*

- 8:00 – 10:00 Breakfast
- 10:30 – 1:30 Studio
- 2:30 – 9:30 To Lech for James Turrell art installation tour (dinner on your own)

FRIDAY

- 7:00 – 7:30 Mindful Walk in nature
- 8:00 – 10:00 Breakfast
- 10:00 – 4:00 Studio
- 5:00 Show your art
- 6:30 – 8:00 Farewell Dinner in Schruns (not included in fee)
- 8:30 – ? Dessert and festivities at Chalet M

SATURDAY / DEPARTURE DAY

- 7:30 – 9:00 Breakfast
- 7:00 – 11:00 Check-out



YOUR RETREAT EXPERIENCE INCLUDES

- Six nights at Chalet M
- Welcome drink
- Four dinners
- Daily full breakfast
- Mindful nature walks
- “Lunch, hike and draw” excursion to a stunning Alpine lake
- Private tour of the mountaintop art installation by world renowned artist James Turrell
- Foraging for herbs, cooking lesson and Schnapps tasting
- Transportation to and from excursions
- An evening of music with cocktails and mocktails
- On site yoga room with mats and sauna
- Access to easy-level hiking
- Art instruction, art materials, and time to create!

Please note that while all of the above are included in the cost of your retreat experience, you can participate as much or as little as you'd like.

Not included in fee:

Airfare, transportation to and from Chalet M, alcohol, lunches (except for lake trip), two dinners.



PRICING

6-NIGHT, 7-DAY ART RETREAT IN THE AUSTRIAN ALPS / August 4 – 10, 2024

Choose your room (selections based on a first-come, first served basis). All rooms include balconies, cable tv, free wifi, minibar, digitally controlled safe, rain shower heads, bathrobe, slippers, hair dryer and organic bath products. All beds are king-sized. Suites include couches with pull-out queen-size beds. The Chalet M and Premium Suites have additional half baths.

Prices are per person, and cover your room plus the activities & amenities on page 7.

CHALET M ROOM (186 sq.ft.)

double occupancy \$3750
single occupancy \$4350

CHALET M SUITE (337 sq. ft.)

double occupancy \$3950
single occupancy \$4675

JUNIOR SUITE (296 sq. ft.)

double occupancy \$3900
single occupancy \$4575

PREMIUM SUITE (390 sq. ft.)

double occupancy \$4000
single occupancy \$4775

For reservations, email Saxton Studio at saxton@patriciasaxton.com.

Please note that this retreat is limited to 10 people, and you must be 21 years of age or older to attend. A 25% non-refundable deposit will hold your spot. Balance is due on or before June 6.

CANCELLATION POLICY

- Hold deposit is non-refundable.
- Hold deposit is transferable to another attendee.
- Full balance is due 60 days before start date of event.
- For cancellation requests submitted before 30 days of retreat date, 50% of total amount (less deposit) will be refunded.
- No refunds will be given within 30 days of retreat start date.

If for any reason the workshop or retreat is cancelled by Patricia Saxton/Saxton Studio or Chalet M, the full payment, including deposit, will be reimbursed to the client.



For best results, please save,
download or print this form,
then fill out and send to
saxton@patriciasaxton.com
Thank you!

SIGN ME UP

ART RETREAT IN AUSTRIA / One person per sign up and per hold deposit.

First Name

Last Name

Email

Address 1

Address 2

City

State/Province

Zip/Postal Code

Country

Home Phone

Mobile Phone

Age range:

20's

30's

40's

50's

60's

70+

Female

Male

Art level:

Beginner

Basic Knowledge

Intermediate

Advanced

Most interested in:

Drawing

Oil Painting

Acrylic Painting

Creativity

All of it

Mobility / Health
*If you have any mobility
issues, please let us know
or simply write 'none'.*

Food Allergies /
Intolerances
*Please indicate any food
allergies or intolerances.*

Travel Plans
*(If available)
Flight details, arrival
time, questions, etc.*

Other
*If there's anything else
you feel we should know,
please type it here.*

I have read and agree to the terms and conditions associated with this event.

Date