



EDGEWALKERS

THE CREATIVITY RETREAT

ITINERARY- MARGARET RIVER

25 - 28 APRIL 2019



This 4-day retreat in stunning Margaret River is a truly delightful & powerful opportunity to immerse yourself in nature, disrupt routine thinking and find out just how creative you really are.



IN A NUTSHELL, YOU WILL:

1. use powerful & dynamic aesthetic, embodied and applied theatre techniques to identify what is keeping you from expressing your creative self, explore playful ways to overcome creative blocks & rehearse new & positive ways of nurturing the creative within
2. Walk in nature & draw inspiration from the natural world around you in one of Australia's most beautiful coastal walks, increase your creativity & enhance divergent thinking...but also you will:
 - paint, draw, dance, sculpt & write,
 - spark & energise your imagination
 - learn creative thinking skills - learn to develop & sustain a regular creative practice





DAY 1 - THURSDAY 25 APRIL

WELCOME DINNER & INTRODUCTIONS

3:30 Arrival at your deluxe accommodation - settle in & enjoy the pristine bush surroundings with a cuppa & some local snacks.

5:30 - 7:00 Activities & games to loosen us up and familiarise with various tools & techniques & play together.
Free writing - examples & benefits + practice

7:30 Dinner

9:00 Visualisation: going into the unknown

DAY 2 FRIDAY 26 APRIL

BORANUP FOREST

7:30 Guided meditation (optional)

8:00 Breakfast & free writing

9:00 - 11:30 Embodied exercises & dialogue - who's running the show? Where are you at? Where do you want to be? What are you constantly telling yourself about your creativity?

12:30 Lunch

1:30 - 4:30 Walk - Boranup Forest
Afternoon tea & environmental Mandala

6:30 - 7:30 Changing belief patterns about creativity. Rehearsals for change. Idea generation techniques.

7:30 Dinner & Free time





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DAY 3 SATURDAY 27 APRIL

SKIPPY ROCK - AUGUSTA

8:00 Breakfast

9:00 - 10:30 More rehearsal of possibilities for a more creative & self-expressive life - collective stories.

11:30 - 2:30 Walk – Skippy Rock – Augusta – photography & reflection

3:30 – 5:30 Painting session with Jane Tangney

7:00 Dinner Free time

DAY 4 SUNDAY 28 APRIL

WILYABRUP CLIFFS

8:00 Breakfast

9:00 - 10:30 What creative life do I want? How much do I want it? Making a Creativity Map and contract.

Free time

12:30 lunch

1:30 - 3:00 Walk – Wilyabrup Cliffs - enjoy the spectacular views.

3:30 finishing circle





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\$1,380

INCLUSIONS

4-day creativity workshops & tuition with Dr Erika Jacobson
3 guided walks on the stunning Cape to Cape track
painting workshop with award winning artist Jane Tangney
sound and rhythm session with international musician Sharon Ogle
all workshop materials
3 nights in deluxe accommodation in Margaret River (double - twin-share - 4-bed room)
2 morning yoga sessions
healthy, vegetarian, locally catered meals & snacks
transport to all walks

EXCLUSIONS

travel from Perth to Margaret River
any extra meals or snacks
massage (available on pre-booking)



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ABOUT DR ERIKA JACOBSON

BA WRITING

MA INTERNATIONAL & COMMUNITY DEVELOPMENT

PHD TRANSFORMATIVE LEARNING

I envision, design & facilitate retreats that give participants immersive opportunities to recover, realign & reignite their creative aspirations. I bring together powerful aesthetic, embodied & applied theatre tools, knowledge from my research in transformative learning, practical creative thinking tools, my own creative & reflective practice & over 15 years of experience helping individuals, organisations & communities access creative solutions to complex problems.

My strength lies in harnessing the collective creativity of a group to give all participants access to useful & individual insights that can disrupt unhelpful patterns and instil positive & sustainable possibilities.

ABOUT THE METHODOLOGY

EMBODIED & AESTHETIC LEARNING/STORYTELLING/FREE WRITING/REFLECTION

Using tools and techniques from applied transformative theatre, embodied learning techniques & arts-based activities, the sessions have been designed to give you opportunities to identify, dismantle and examine some of the obstacles that are holding you back from the creative expression you are yearning for.

Both individual stories & collective insights are brought together in a process that gives you access to possibilities. These possibilities are then rehearsed and further expanded throughout the workshop/retreat.

The workshop process is playful, fun and goes as deep as you want to take it - whether you share your heart out or listen with an open mind, you will take something home that you can put into action.



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ABOUT MARGARET RIVER

PRISTINE NATURAL BEAUTY & INSPIRATION

Western Australia's southwest is a delightful combination of spectacular coastline & magnificent forests containing what is deemed a 'hotspot' of biodiversity & unique natural beauty - a perfect backdrop for taking time out, reconnecting with nature & accessing creative inspiration. Walk through the majestic Karri trees of the Boranup Forest & enjoy the breathtaking views of the Indian Ocean along the iconic Cape to Cape track.

Like many of the artists & writers from around the country & the world who have settled here our intention is that the pristine environment, spaciousness & light will fill you with a strong sense of the powerful & purposeful role of creativity in your life.



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ABOUT THE ACCOMMODATION

LUXURY, SPACIOUSNESS & LIGHT IMMersed IN THE AUSTRALIAN BUSH

Nestled between a vineyard and pristine bush, this architecturally designed home has nurtured and held our previous retreats spaciouly and warmly.

There are different rooms available to suit your budget. The 4-bed dorm style has its own shared bathroom and lounge area, the 2 twin-share rooms and 1 double room share the other bathroom, and one deluxe double room has its own ensuite & walk-in wardrobe. The open space living area is a perfect space for our workshops & painting sessions, and you can find plenty of nooks & separate areas to sit quietly and reflect or write.

All the rooms offer great views of the surrounding natural environment and all bathrooms are modern, so no matter where you sleep **you will feel special from the moment you walk in the door!!**



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ABOUT JANE TANGNEY

BA FINE ART
LANDSCAPE ARTIST & DESIGNER

Jane has exhibited in group & solo shows throughout Australia; most recently she was a finalist in the 2017 Hadley's Art Prize - Australia's richest prize for landscape painting - where she was awarded a High Commendation. Jane's workshop will take place outdoors responding to the landscape with water based mediums on paper.

I can't see the Australian landscape without thinking about colonisation and its devastating effect on Aboriginal people. This comes from working in the Indigenous art industry several years ago where I would stretch newly arrived paintings from remote communities. The paintings had stories that spoke of displacement but also deep spiritual connection to country. The concept has long since fascinated me. I see engaging with nature as a necessary part of living. What I seek from interacting with the landscape is a poetic reference or a metaphoric basis to work from. I set out to achieve paintings imbued with a sense of calm through the use of enticing surfaces and lyrical colour combinations.

