

PLANNED RETREAT SCHEDULE

07.45 – 08.45
Yoga

09.00 – 10.00
Breakfast

10.00 – 12.00
Life Drawing

12.30 – 15.30
Lunch and time at leisure

15.30 – 16.30
Life Drawing

16.30 – 17.00
Tea Break

17.00 – 18.00
Life Drawing

18.30 – 19.30
Yoga

20.00
Dinner

BIOGRAPHIES



JONATHAN ELLIS

Jonathon trained in painting at The Royal Academy Schools and in print making at The Central School of Art in London. He was Director of Art at Cheltenham Ladies' College until 2013. Since then he has worked as an artist, regularly teaching adults at The London Sketch Club, and running four day painting courses in Oxfordshire and beyond.

His own practice is mostly concerned with the human form but he also works with landscapes, still life and abstract concepts. He believes that visual art is a language that can be taught and that lessons are a collaboration.

During each morning session at Le Grand Banc there will be slide shows and experimental exercises and each participant will be helped to discover their personal approach. He will predominantly concentrate on drawing from life and aims to make this challenging medium exciting and accessible....



SARAH CONSTANTINIDES

Sarah Constantinides qualified as an Iyengar Yoga Teacher in 1991 & has been practising & teaching ever since. She is now a Senior Level 3 teacher and teaches mostly from her home on the Somerset levels where the starlings murmur & the bitterns boom..

BKS Iyengar devoted his life to the study & practice of Patangali's Yoga and from his Institute in Pune thousands of teachers have been trained to make this careful and thorough yoga method accessible to thousands worldwide.

A yoga practice helps you retain a humble and curious and yoga is valuable, however 'new' you are to it.. However weak, strong, lithe or loose you are it will help to build up strength, stamina, flexibility & balance in body and mind

It will be a wonderful complement to drawing...