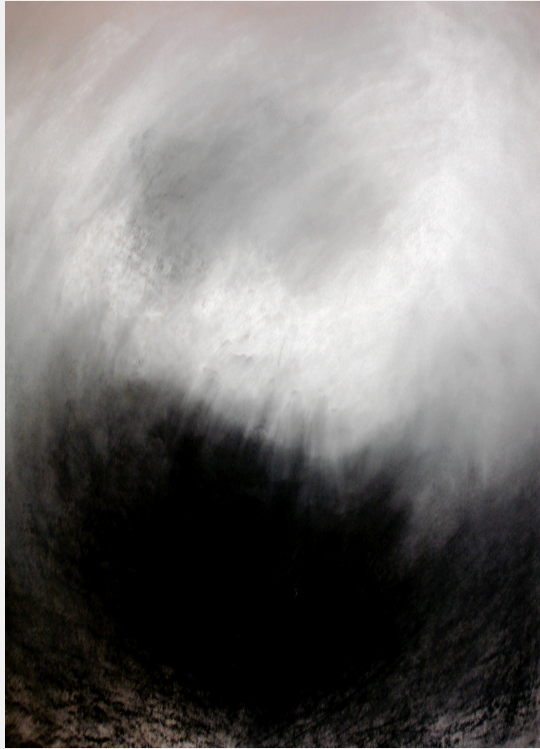


# Arscura School of Living Art

*in collaboration with The New Adult Learning Institute*

## WEEK ONE: LIGHT & DARKNESS

August 4th - 9th, 2024



- An introduction to three media: drawing, painting & modeling
- Exploring the interaction between light, dark & the spaces in between

Using art as a tool for personal and professional growth, over five and a half transformative days, you will develop your artistic skills and explore principles of life that express deep wisdom.

Cost: \$550 for the week, including supplies & a light lunch.

Limited spaces available: Maximum 8 participants.

### Art for Life Program Schedule:

Sunday Evening: Registration at 6:00 PM followed by an opening session from 7:00-9:00 PM.

Monday to Friday: 10:00 - 4:00pm; Full days dedicated to creative and reflective activities in the studio.

### Your Facilitator:

Regine Kurek, Director, holds a degree in anthroposophical Art Therapy from the Kunst Studentstatte, Ottersberg, Germany, and a diploma in Biographical Counselling from the Lukas Klinik in Arlesheim, under Gudrun Burkhard. With extensive experience as an artist, therapist, and adult educator across Canada, the United States, and Europe, Regine established Arscura, School for the Development of Art in the Healing and Social Fields in Toronto in 1989. She has also been a leading teacher at the Tobias School of Art, England.



### Daily Highlights:

- Morning Forest Walks: Serene, natural surroundings
- Evening Outdoor Sauna: Unwind and relax every evening
- Outdoor spaces designed for contemplation and creativity
- Studio work focusing on personal growth & technical skill
- Nutritious Meals: Light soups and salads, bring snacks.

*Join us for the Art for Life program, an enriching retreat inspired by Rudolf Steiner's Anthroposophy, the wisdom of Human Becoming. Set in a light filled, west coast modern home surrounded by the serene forests of Duncan, BC, this retreat offers a perfect blend of nature and creativity.*

Contact Rubeena: [newadultlearninginstitute@gmail.com](mailto:newadultlearninginstitute@gmail.com)



# Arscura School of Living Art

*in collaboration with The New Adult Learning Institute*



## Future Programming

### **Week 2 : The World of Colour (Summer 2025)**

- How colours emerge from the interplay of light and darkness.
- Explore how "every colour is lighter than dark and darker than light."

### **Week 3: Three-Dimensional Form (Summer 2026)**

- Explore three-dimensional forms.
- Imagine how "Creator-Being" shaped the world around us and within us.

## Deepening Component

Optional: Ongoing sessions, 1x a month, through the year, will deepen participant skill and exploration. More details to be shared during the retreat.

Contact Rubeena: [newadultlearninginstitute@gmail.com](mailto:newadultlearninginstitute@gmail.com)