



Blue Palette

ART STUDIO

presents

A CREATIVE WELLNESS RETREAT  
with Sai Banerjee

Thursday July 25<sup>th</sup>, 2024, 3.00 pm to

Sunday July 28<sup>th</sup> 2024 4.00 pm

at Erthretreat, Cornwall.



ART, NATURE, MOVEMENT AND MINDFULNESS



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## Hello! Creative Bliss!!

Have you ever had an inner voice that wishes for more vitality, freedom, creativity, connection, simplicity and soul-nourishing experiences? Well, here is an invitation for you to listen to the whispers of that inner voice!

Hello! I'm Sai, and I would love to welcome you to my one-of-a-kind Creative Wellness retreat in a beautiful and idyllic setting in Cornwall. Over the past few years, as a teaching artist, I have experienced the joys of creativity and the nourishing power of like-minded groups of people creating together. The conversations we have had and the connections we have made while painting, doodling, and gluing bits of paper have been so transformative and enriching. Every week after our Art journaling session, I feel more alive, more energized, and more in touch with my deeper Self. My Art journaling practice has become a sacred part of my weekly routine.



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I have always had a deep desire to share the joys of my weekly Art journaling sessions and create a nourishing and immersive experience. I am so excited to host this luxurious creative wellness retreat in Cornwall, one of the most beautiful places in the UK. I have carefully planned and designed this retreat to be a luxurious, one of a kind experience, filled with creativity, playfulness, exploration, rest and relaxation.

The invitation here is to deepen your connection with yourself and with Mother Nature, through Art journaling, nature walks, movement workshops, guided wellness activities and much more. This is an opportunity for you to pause, soak in the fresh air, connect with likeminded people, explore your creativity, enjoy delicious nourishing meals and have lots of fun. The aim is to rest & reset and create habits that will serve you long after the retreat is over.

I cannot wait to share this unique experience with you.

### What to expect

The Creative wellness retreat will commence at 3 pm on Thursday the 24<sup>th</sup> of July and close at 3 pm on Sunday the 28<sup>th</sup> of July

Over the 4-day period, you will have the opportunity to explore your creativity, learn new skills, enjoy amazing nature walks on coastal paths with incredible vistas of the mystical Cornwall coast to inspire you. There will also be plenty of time to relax and explore the beautiful grounds, beaches and national parks nearby.

You can expect lots of luxurious details in this retreat – starting with the accommodation. The stylish and comfortable interiors of a Jacobean Manor House situated on a peninsula almost surrounded by the tidal River Lynher is truly exceptional. In addition we have a carefully curated delicious menu, guided walks, movement workshops and relaxed painting and Calligraphy sessions. My approach to art making is always fun and playful. We learn by doing and the focus will be on the process of creating as that's where the magic lies. The final outcome is a bonus.

Throughout this retreat I will be floating in and out of many roles – I will be your host, art teacher, friend and cheerleader. I'll be here to host you, encourage you and guide you through all the creative activities. The promise here is that we will have lots of fun and create wonderful memories together. This is more than just a wellness retreat. This will help you to recalibrate your life.



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## What's included

- Art journaling sessions – 12+ hours of tuition and demonstrations with Sai
- Exclusive use of the entire property including living quarters, all common areas and gardens
- 3 nights of accommodation at Erthretreat, Cornwall
- All meals (3 breakfasts, 3 lunches, 3 dinners) - All meals at the venue are carefully prepared by a private chef, vegan and gluten-free diets catered for
- Welcome drinks
- Complimentary water, tea, coffee, organic herbal teas and fresh juices
- Nature walks with outdoor sketching opportunities
- Movement workshops with Michelle Muldoon
- Guided mindfulness meditation sessions.

## Not included

- Travel
- Travel insurance
- Other expenses guests might incur on their own.



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## The Venue

Erth Barton,  
Elmgate,  
Cornwall PL12 4 QY.

## Getting here

Erthretreat is located on its own peninsula, surrounded by the River Lynher, just outside the village of Trematon. Erth is remote and yet, easily accessible by road and serviced by excellent rail links from London & the North.

Located just over the border in Cornwall.

## By Car

Use postcode PL12 4QY - don't follow it to its end though!

[What 3 Words - blossom.glorified.darling](http://www.what3words.com/blossom.glorified.darling)

## Directions:

Take the M5 south towards Exeter. Once past Exeter you want to get onto the A38 for Plymouth. Go past Plymouth and head towards the Tamar Bridge, go over the bridge - and you enter Cornwall!

Head through the tunnel, at the first roundabout (Carkeel) take the 2nd exit signposted Liskeard. Head up the hill for about a mile, and take the 4th left hand turn signposted Trematon.

Head through Trematon, and you will come to a V in the road at a pink house, with two options based on the width of your car - take the right hand option, bear in mind the roads now narrow - give way where possible.

Follow the road for 2 miles and you will come to Elmgate - you will know you are here as there is a yellow house in the middle of the road, with black postbox in the middle of the house -called Crossways. Take the right hand turn at the side of the house, which goes up hill. Follow this road - (FYI Sat Nav will have taken you this far), as you head up the hill, ignore SAT NAV and DO NOT turn left at any time. Continue along the road past Tredown Farm on your right hand side. You will the drive onto Erth Peninsula, marked by the white signs. Once on the peninsula, please do not drive fast, as there are animals that scare easy! Erth Barton appears ahead of you on the hill. Drive down the road, until you come to the very end. Erth Barton has large barns in front of you. Once you arrive please park up in the front of the house.



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## By Train

Fast trains run direct to Saltash from London Paddington in under 3 hrs 45 minutes. Or if you are coming from elsewhere trains run direct to Plymouth and then change to Saltash. Taxis are available from Saltash direct to Erth – it takes just over 10 minutes. Or alternatively you can take a taxi from Plymouth to Erth. Book early via the [Trainline](#) to get the cheapest tickets

## By Plane

Our nearest airports are:-

[Cornwall Airport - Newquay](#) - One hour away

[Exeter Airport](#) - One hour away

[Bristol Airport](#) - two hours away





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## Movement workshops with Michelle

During the 4-day retreat we have a special guest - Michelle Muldoon who is a Movement educator and Restorative Exercise Specialist. She will be running a couple of movement workshops to help us understand our bodies better, get out of pain and make small but impactful changes to everyday behaviour.

## About Michelle

Michelle has been teaching movement for more than 16 years, initially as a running technique coach and latterly in the broader context of more natural movement. At a time of unprecedented sedentary behaviours, she teaches people how to find their movement blind spots helping them to move better to age better. Her approach includes biomechanics, alignment and natural movement. Michelle has a particular interest in helping restore movement to those who feel they are experiencing a decline from so called age related musculoskeletal issues.





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## About Erth Retreat

Erth Barton is located just over the Devon/ Cornwall border, easily accessible from the A38. Erth is sitting on its own peninsula - there are no public footpaths here, only private walks. The paths around the peninsula are surrounded by ancient oaks, ferns, blackberry bushes, lichen and moss. Lichen covers many of the trees and woodland, and hang from branches as if suspended in air.

The River Lynher snakes its way through an Oak woodland, fringing the green tidal water, which swallows the land as the tide moves the volume of water in and out daily. Mesmerising! There are a few secret beaches to swim the Lynher from and if lucky, when you go swimming on a warm night, you will see the phosphorescence as your hands move through the water. This place is wild.

Erth Barton sits in an exciting area of Cornwall, where the 4-mile stretch of beach at Whitsand Bay is just a short drive away. The benefits of blue spaces on our wellbeing are [HERE](#) and for a few days you will live this life. Twenty minutes to the east is Dartmoor National Park, which frames the horizon here at Erth. Cornish coastal towns of Cawsand and Kingsand sit elegantly on Rame Head (AONB) peninsula a beautiful landscape of tidal creeks and sandy beaches - known as Cornwall's forgotten southeast corner. The invitation here is to deepen your connection with Nature.

The house sits on land farmed using regenerative farming, so it's safe to breathe deeply and swim freely in the knowledge that all humans are on the peninsula are working in harmony with Mother Nature. The wildlife is astounding - make sure you bring binoculars to enjoy the birdlife, such as falcons, hawks, herons, egrets, Canada geese, skylarks on top of the hill and swallows that live in the barns here.

Erthretreat is intimate and independently run, with the rooms tastefully furnished by Polly & Shaun. They believe modern luxury is about living in harmony with the natural surroundings. Of course you can expect the usual high-thread count, low lighting, soft furnishings, luxurious and creative details that you would expect from two former film makers, furnishing the house with eco conscience, sustainable materials and antiques. But the real luxury here is the peace of mind, a lack of road noise, or flight paths and everything poised intentionally for your wellbeing.





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## Accommodation

Your home during your retreat is Erth Barton - a Jacobean House of historical mystery, built of stone and granite with mullion windows. On the grounds there is even a 12th Century chapel, within a courtyard setting and in the neighbouring paddocks, we have a yurt, a cabin and a couple of shepherds huts.



There are a range of accommodation options in the retreat from twin/ double rooms (plus 2 options of a triple) in the main house, to Shepherds Huts or Cabins if you like to be in the heart of nature. Many rooms are en-suite with some including views over the gardens or river.



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## OAK

Oak is a triple aspect bedroom with en-suite bathroom with views over the River Lynher to the front and rear. Spend the morning watching the tide drift in & out from the window seat. This room comes with its own balcony with views towards Dartmoor. - En-suite with bath / shower and private balcony.

£750 per person if taken as a triple.  
(Early bird pricing)

£795 full price

## FERN

Fern is an east facing bedroom with en-suite bathroom. This room looks out onto the River Lynher to the front with views across to Dartmoor catching the sunrise.

River view, en-suite with bath.

£750 per person twin/double sharing.  
(Early bird pricing)

£795 full price



## MOSS

Moss is a large super king room with en-suite bathroom, this is a light room with views onto the gardens. The bathroom has views across the River Lynher.

- Garden View, Ensuite with bath.

£750 per person if taken as a triple.  
(Early bird pricing)

£795 full price



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## GRANITE

Granite is an east facing bedroom that looks out across the River Lynher towards Dartmoor. This room comes with a large private bathroom across the hallway, which looks onto the west, and St Germans.

Triple Occupancy

£695 per person if taken as a triple.  
(Early bird pricing)

£750 full price

## LICHEN

Lichen is a triple aspect ground floor bedroom with shared private shower room. This room looks out onto the River Lynher to the front and rear, and has its own entrance - spend the morning watching the boats and tide drift in & out from the window seat

Triple Occupancy

£695 per person if taken as a triple.  
(Early bird pricing)

£750 full price





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## TIDDY SHEPHERDS HUT

Tiddy is located in the paddock nearest to the main house and has views on to the Lynher

Super king/ Twin or Single Occupancy

£650 per person if taken as a twin.

(Early bird pricing)

£695 full price

## LYNHER SHEPHERDS HUT

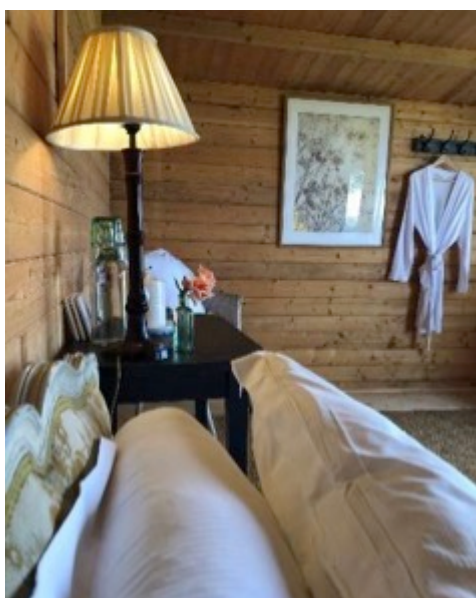
Lynher is located in the paddock nearest to the main house and has views on to the Lynher

Super king/ Twin or Single Occupancy

£650 per person if taken as a twin.

(Early bird pricing)

£695 full price



## THE CABIN

The cabin is nestled in the paddock with views across the River Lynher.

Please note that the cabin has toilet and bathroom facilities nearby.

Twin or Single Occupancy

£650 per person if taken as a twin.

(Early bird pricing)

£695 full price



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A typical daily schedule will include

- A nourishing hearty breakfast
- Relaxed nature walk in the mornings
- Art journaling session
- Lunch
- Mindfulness Meditation
- Free time to rest and explore
- A guided movement workshop with Michelle
- More Art journaling
- Dinner
- Late evening guided relaxation techniques to help you sleep.

One of the highlights of this retreat will be the delicious food, meticulously prepared by our private chef, renowned for his excellence and commitment to utilizing high quality local produce.

Here's a little peek at the sample menu

Main course - 25.07.24

Pan seared chicken, fondant potato, roasted carrot puree,  
Tender stem broccoli and red wine sauce

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Mature cheddar, chive and potato bonbons served on roasted creamed leeks  
Finished with garlic oil and mixed salad

Dessert 25.07.24

Dark chocolate tart with strawberry sorbet white chocolate shards

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Vanilla panna cotta, wild berry puree charred crushed meringue  
Fresh berries



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## PAYMENT PLAN

You can pay the amount in full or in 6 easy instalments. The first payment will go towards the deposit for the retreat, which is non refundable. Early bird pricing is valid until 31<sup>st</sup> March 2024. If you pay the amount in full at the time of booking, you will receive a bespoke Nature journaling kit (valued at £50.00)

Date	Payment amount	Total amount paid
5 <sup>th</sup> Feb 2024	150.00	150.00
5 <sup>th</sup> Mar 2024	100.00	250.00
5 <sup>th</sup> Apr 2024	100.00	350.00
5 <sup>th</sup> May 2024	100.00	450.00
5 <sup>th</sup> Jun 2024	100.00	550.00
5 <sup>th</sup> Jul 2024	Final balance	Full amount





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I am truly excited and eagerly looking forward to sharing this unique experience with you!!