



**Watercolor Mountains Workshop with Bonny  
Lundy**

Saturday & Sunday, May 1&2, 2010 10-5pm each day  
\$180.00 tuition + \$250.00B&B (Fri &Sat nights, double  
occupancy)

**Movement and Body Awareness, Massage with Carol  
Cober**

Guiding us in relaxation during the day and from 8-9:30pm  
(\$25.00 per session)

**Location: Belle Meade Inn F.T. Valley Road Sperryville,  
Virginia**

See [bellemeade.net](http://bellemeade.net) for more info on lodging and room reservation

A refreshing Spring weekend of art and relaxation in the Shenandoah Mountains of Virginia, just one and a half hours from DC. We will have spectacular mountain views, farm scenes and more to paint at lovely Belle Meade Inn. Good company, comfy beds, delicious food and beautiful surroundings will provide energy and respite from our busy lives.

Demonstrations of color mixing, composition, and painting methods both mornings will prepare artists to draw and paint the rest of the day until 4pm when we gather for discussion. Saturday night group dinner in Sperryville. Mid day picnic \$15. per box lunch. Spouses and friends are welcome. Open to all levels of experience.

**Carol Cober** will offer relaxation throughout the day to facilitate our creativity.

Schedule:

6:00-7:00am Yoga in the schoolhouse -optional

7:30-8:30am breakfast

9:00-10:30am demo/set up

10:30-1:00pm paint with individual attention

2:00-4:30pm paint

4:30-5:00pm group discussion

6:00-7:00pm dinner

8:00-9:30pm relaxation & massage in the schoolhouse- optional

(Times are approximate-you may choose to alter this schedule, paint independently, etc.)

**FOR MORE INFORMATION:**

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for registration