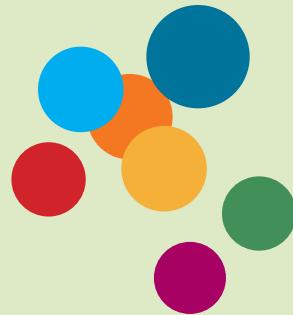


7 ELEMENTS

ART THERAPY RETREAT IN CROATIA

Air Fire Water Earth Tree Wine and Horse

STRESS RELIEF RETREAT





HART

hrvatska udruga za art terapiju
croatian art therapy associaton



PART OF THE NEVERENDING

Take a creative journey and find the peace of thoughts and heart, release your burdened life-load and unleash your inspiration in life! Reconnect with your inner self by emerging yourself through elements of nature, by the breath of the origin, by grounding yourself and taking the strength from the earth and trees, with the life-giving water that teaches us of flow, through freedom of movement and connection of body and soul, through allowing yourself the let-go of hedonistic experience of wine tasting. Get energized from nature and through your own flow of intuitive, expressive free spirit with the experience of art in the beautiful surrounding of Slavonia county of Croatia.





- Ground transportation from airport to Osijek
- Settling in at Pannonia Terranova Art Eco Heritage House
- Welcome Lunch/Dinner

Daily Schedule:

- | | |
|-------------|---|
| 7 am - 9 am | Buffet breakfast |
| 9 am - noon | Art therapy guided workshops (group and individual) |
| noon - 2 pm | Lunch |
| 2 pm - 6 pm | Sightseeing and activities in the community |
| 6 pm - 8 pm | Dinner |
| 8 pm - 9 pm | Art therapeutic reflections and processing of the day |



Day 1 AIR



1 ST ELEMENT: AIR

MAPPING OUR BREATH

You will learn how to nourish yourself with the calming breath and feel the physiological and emotional switch which you will be able to use as a tool in stressful situations. Mapping the triggers of stress. Mapping our breath.



Art therapy workshops daily AIR / GIFT OF BREATH



2 ND ELEMENT: WATER COAT A BOAT

Through the element of the water, you will learn to feel the strength of stability and immobility. You will discover the ways to cope with the stressful influences, finding your measure of dealing with the life's incidents. Your intuitive and cognitive levels of awareness will be lined up for a sensible and healthy defense of your being towards the stressful content of life. You will become aware of the levels of important issues in your life which can give you the reason and strength to cope with the stressful content.



Afternoon activity:
Visiting Nature Park Kopački Rit



Day 2 WATER

City of Osijek - City by the water





3 RD ELEMENT: HORSES
POWER OF MOVEMENT

Your body and mind are holding the secret to relaxation and acceptance. You will experience the flow of movement and shapes, which will give in to your adaptivity and elasticity in life's incidents, making sure that your inner being gets the impeccable lightness of existence, exciting and powerful like love.

Afternoon activity:

Visiting Lipicanac stable at Đakovo, Ivandvor, horses therapy



Day 3 **HORSES**



4 TH ELEMENT: EARTH ORIGINS

Discover, feel and share the power of your inner being communicating with you through the first art material ever. Let your subconscious lead you through the thoughts and shapes mirroring in clay artwork right on the archeological site of Vuchedol culture. Here, people since Neolithic times connect with Mother Earth, experiencing the benefits of belonging to a single-thread origin of human race.

Afternoon activity:

Visiting Vuchedol Culture archeological site and Museum in the City of Vukovar



Day 4 EARTH



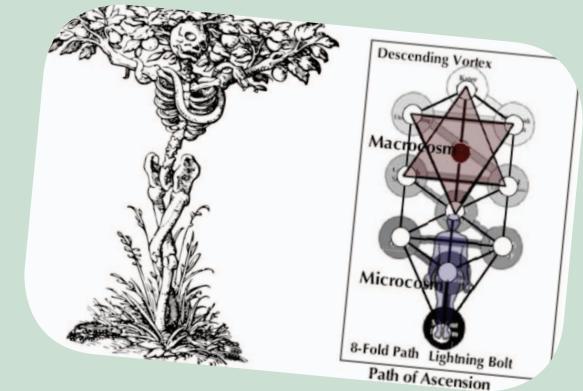
5 TH ELEMENT: TREE MY TREE OF STRENGTH

You are taking your power from your roots, you grow, you give fruits, shelter, food, home, you stream towards the light, defy the storm and the hands that take from you, and every year you renew yourself again and again.

Through the symbol of the tree, explore and become aware of your strengths and virtues, celebrate your positive self and create an image that will stay as a tool for coping with the outside influences on your inner being.

Afternoon activity:

Visiting Zlatna greda park for the Tree therapy session



Day 5 TREE



6 TH ELEMENT: WINE HEDONISTIC PLEASURES

You will create an image of your safe place, where you can mentally run to in times of trouble and securely come back to, any time. Place from which you can let yourself forget borders and limitations and get infused by the feeling of hedonistic pleasures. Letting go of control is an act of feeling the higher force leading you, and acting from your most rooted feelings. Give in to the tastes of nature, feeling their power on your nervous, emotional, and mental system, surrender to a new angle, discover the new point of view on yourself.

Afternoon activity:

Visiting Vineyards for wine tasting, and wine harvesting



Day 6 WINE



7 TH ELEMENT: FIRE FAREWELL

Every day we will enjoy the fire in the beautiful estate of Pannonia Terranova. You will experience the dynamics and power of fire, you will be able to witness the destruction of fire, and use it to symbolically say goodbye to the unwanted element of consciousness. Letting go is the power of releasing the fear, the attachment, and the unrealistic belief that you know... Feeling secure, having faith that all is well, even if you are not controlling it. Breathe, listen, feel.

Farewell!



Day 7 **FIRE**



Single bedrooms

Accomodation



Double bedrooms

Accomodation

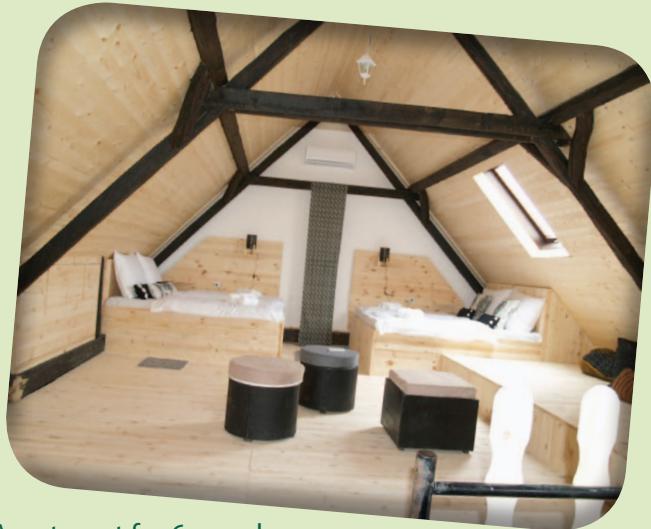


Double bedrooms

Accomodation



Quadruple bedroom



Apartment for 6 people



Accomodation



* Bathroom in every room



Accomodation



Jasminka Bukvic, MD, MFA, is a family physician and an artist who has worked for 25 years as an emergency physician. Art is her passion. She completed her art education not knowing that one day she would be able to combine medicine and art in the field of art therapy. She is mostly working with older population, dealing with dementia, depression or neurological issues. She has experience with clients suffering from burnout or stress related conditions.



Mia Jankovic Shentser, MFA, artist, art teacher, specializing art therapy, works with art therapeutic approach with elderly, trauma survivors, and persons searching for ventilation, stress reduction, resolving different life issues, and committed to personal growth. She is dedicated to strengthening one's creative powers and find a healing direction in art making.



Jelena Kovacevic, MFA, Assistant Professor (Faculty of Education Osijek) is working on new approaches to art with young population. Her wish is to make art more accessible through her work in methodology of art education, artistic work and art therapy. She is mostly working with young population - school children and students, but also has experience with seniors.

Art Therapists



Dr. Jasmina Pacek, Associate Professor and Vice Dean at The Academy of Arts and Culture in Osijek Croatia. Dr. Pacek has experience working with war veterans suffering from PTSD, and their family members, as well as civilian victims of war, both in Croatia and in United States. She also has versatile art therapy experience working with other trauma survivors, teenage delinquents, special needs children and family therapy. Dr. Pacek is also applying art therapy protocols working with professional artists.



Magdalena Rubesa, MA, is working as Art therapist with developmentally and intellectually disabled children, currently is working on research about Art therapy interventions with Individual with Down Syndrome. Also, she has practice in doing therapy sessions with elderly people with Alzheimer and dementia, as well as with individuals with physical disability and TBI (Traumatic brain injury). Furthermore, helps clients with anxiety and depression disorder with individual and group Art therapy sessions. She is volunteering all her life in Family and Spiritual centers, passionate about community work and new specialization in Art therapy.



Krunislav Stojanovski, MFA, is an academic painter who has extensive experience in a wide variety of art media that he has successfully used in his art therapy practice with clients of a large range, mostly in psychiatric clinics. He is particularly successful in dealing with depression and anxiety, as well as other mental illnesses, with children in psychiatric departments, children without parental care, mentally and physically handicapped, abused, elderly and advanced children.

Art Therapists

„Pannonia Terranova“

- ART ECO HERITAGE HOUSE -



Accommodation

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group & individual art therapy

languages: Croatian, English, German, Hebrew,
Macedonian, Serbian, Bosnian

Contact Info