



Itinerary

2020 Artist Retreat & Workshop in Taos, NM
 With Instructor – Artist Lisa Pressman
 April 18 - 24, 2020

April 18, Saturday	Travel to Taos	Check in at the Mabel Dodge Luhan House any time after 3:00 p.m. Early check-in can be arranged in advance by calling the front desk at 800-846-2235 or 575-751-9686 . Early arrivals can stow belongings at front desk until room is ready and enjoy coffee, tea, the house, or a walk into town.
	*TIP About Water	Start drinking lots of water as you embark on your trip. After landing in Albuquerque or Santa Fe, get large bottled water for your trip to Taos. The high altitude and low humidity can parch and sap energy. This will be also key to avoiding Altitude Illness.
	3:00 pm – 4:30 pm	Check – In – Mabel Dodge Luhan House
	5:30 pm	Wine – Sparkling Waters Reception followed by Dinner - Big House Dining Room. After dinner – Rainbow for informal discussions.
April 19, Sunday	8:00 am	Breakfast – The Big House
	8:50 am	Morning Mindfulness
	9:30 am – noon	Workshop
	Noon – 1:00 p.m.	Lunch - Big House Dining Room
	1:15 pm – 4:00 pm	Workshop
	4:15 pm – 6:30 pm	Nature Walk
	6:30 pm	Dinner - Big House Dining Room
	7:15 pm	Evening Salon – Norma Hendrix Presents – the artists and writers of the MDLH – lasting legacy
April 20, Monday	8:00 am – 9:00 am	Breakfast - Big House Dining Room
	8:50 am	Morning Mindfulness
	9:30 am – noon	Workshop
	Noon – 1:00 pm	Lunch - Big House Dining Room
	1:15 pm – 4:15 pm	Workshop - continue
	6:30 pm	Dinner Big House
	Evening Salon	Lisa Pressman – Her Artwork – Her Inspirations”

April 21, Tuesday	7:15 –	Breakfast - Big House Dining Room
	7:40	Depart for Abiquiu – Depart for Abiquiu – Visit Georgia O’Keeffe house and studio
	10am- 11:15 am	Ghost Ranch – Georgia O’Keeffe Landscape Tour
	Noon – 1:00 pm	Lunch at Abiquiu Inn or Bode’s General Store
	1:00 pm - 2:00 pm	Visit the White Place – one of Georgia’s favorite painting spots
	2:15 pm – 4 pm	Tour of O’Keeffe Home and Studio (broken into 2 groups)
	4:15 pm – 6 pm	Return drive to Taos
	6:30 pm	Dinner Big House Dining Room
April 22, Wednesday	8:00am – 9:00 am	Breakfast - Big House Dining Room
	8:50 am – 9:10 am	Morning Mindfulness – Yoga House
	9:30 – Noon	Workshop
	Noon – 1:00pm	Lunch - MDL Big House Dining Room
	1:00 - 6:00 pm	OPEN TIME – Studio, on site work, explore galleries or museums – your choice
	6:30 pm	Lisa - Presentation
April 23, Thursday	8:00 am – 9:00 am	Breakfast - Big House Dining Room
	9:00 a.m. – noon	Workshops
	Noon – 1:00 p.m.	Lunch - Big House Dining Room
	1:15 – 4:30 p.m.	Workshops – Final critiques
	6:30 p.m.	
April 24, Friday	8:00a.m. – 9:00 a.m.	Breakfast - Big House Dining Room
	10:30 a.m.	Check Out - Boxed lunches may be picked up in the morning for those departing before noon.

NOTE:

- *Minor adjustments may be made to the Itinerary along the way.*
- *In the spirit of retreat, all sessions are for your nourishment and are optional. If you find you need quiet, time for reflection, studio time, or personal space, your decision will be respected.*

The Classroom/Studio in the Juniper House will be open 24 hours each day Also, the living room, rainbow room and cabin are open for participant use at any time too.

WHAT TO BRING:

1. Clothing that can be layered. Springtime in Taos can change dramatically throughout the day. Be sure to bring a travel coat that can be layered, sweater hat and scarf—even gloves, but pack light weight clothing as well for warm sunny days.
2. Studio clothing including an apron or paint smock. Art supplies (see supply list for your workshop). Art Supplies may be shipped ahead of time to the Mable Dodge Luhan House:
240 Morada Ln, Taos, NM 87571 – Please mark on boxes –For Cullowhee Mountain Arts
575) 751-9686
3. Journal, sketchbook, camera. Personal items (hat and sunscreen are helpful, and all weather jacket, hat and gloves too. Spring weather in Taos is unpredictable and can change in an hour!)

All linens are provided. Rooms are cleaned daily by MDLH housecleaning.

A Word About the Spirit of Retreat...

The Retreat with Workshop concept combines learning with being present to the moment—the beauty and wonder of a very special place. In this case we will not only be absorbing the unique geography of Northern New Mexico and Taos, with all its history and color, but indeed the architectural beauty and history of the Mabel Dodge Luhan House as well. Lisa and I have put much thought and planning into the itinerary for the week—with all of the sessions designed to be enriching. However, in the spirit of retreat, I encourage you to listen to your own need, whether to have personal space or to visit a site that is not planned for the group. Though I have worked in a few “free times” for this purpose, it is understood that all participants will be respected if they opt out of any of the excursions, outings or evening sessions to fully experience the aspect of “retreat.”

Norma Hendrix, Executive Director