

experience

YOUR CREATIVE NATURE

explore & enfold your intuition & creative power
in a 4-day land art workshop

4th - 7th April 2025

Nature Park Costa Vicentina - Portugal

Created to create

The universe is infinitely creative and magical.

Life is a creative magical process.

You are the living creative magical universe.

- Gift yourself 4 wonderful days with me to immerse yourself deeply into your creative life force and the magic of the universe.
- Be inspired by the wild beauty of the Portuguese Costa Vicentina, unleash your own wildness and experience the joy of creating with nature.
- Come into a deep connection with Mother Earth and yourself through the close contact with the natural elements.
- Experience your intuition and creativity as magical life forces.

In a small group, I will take you into my very personal world. By intuitively creating natural art (land art) from stones, sand and other materials, I invite you to trustingly surrender to the flow of the creative process in the here and now and to experience the magic and wisdom that surround you and flow through everything in this universe.

Nature art – earth art – land art

Land art or earth art are temporary works of art that we create in nature from found natural materials. Creating in and with nature, the home of our soul, opens a portal to the universal creative power and our own creative essence. As we create nature art, we are fully present in the moment and experience ourselves as part of the great sacred cosmos. In the here and now we find inner peace and mindfulness. We enter a dimension of healing and wisdom, full of endless possibilities and answers to all our questions.

While creating, we learn in a playful way and held by Mother Earth that we are part of the eternal cosmic cycle of becoming and passing away. We understand the interplay of the two forces “creating” and “being created”. When we create with nature, it becomes palpable that we are not the only one involved in the creative process. All elements, the materials, the location and a magical elemental force work with us.

In this way we learn that we can and are allowed to actively create our liveliness in harmony with the rhythm of the universe and that at the same time we are being created and empowered to grow through trusting devotion to the flow of life.

We are endowed in a way that continually overwhelms us and fills us with deep gratitude.

Places

I will take you with me to very special places that are sacred to me and that have touched me deeply for many years.

On each of the 4 days I will show you a different site. We will visit a small wild rocky beach, a large dune landscape with a beach and rock portal, a burnt forest and other very powerful natural places.

I choose the places in a way that they will offer us different materials and possibilities.

Daily content

- Every day we create with different materials.
- Most of the time everyone designs for themselves, but here and there we also create something together.
- Every day we share our creations and processes with each other and reflect on them. Thereby we witness and strengthen each other.
- The creative process in nature and also in natural art is cyclical. We will explore what this means and how it relates to the great cycles of the cosmos and life.
- Creating is a journey with many steps (for me there are about 10), like intention, beginning, creating, contemplating and letting go, to name just a few. Every step on this path opens up new dimensions of wisdom and connectedness and relates to something in us or our lives. In this workshop I will accompany you step by step through this process and you can find out what gifts for our lives we can discover on this creative journey.
- You will learn various creative techniques, which we will then explore individually and together.
- Every day has its own themes. They arise from the places where we will be, but also from the group, our personal and shared experiences.
- Mindful, beautiful rituals and exercises, bathing in the ocean and conscious dance accompany our time together.

We will open our hearts, perceive, let ourselves be touched, experience stillness, play, connect, feel everything and share our love, wildness, magic and wisdom with each other. The magically beautiful landscape holds us safely in its arms and shows us our own unique wild beauty.

Who is this workshop suitable for?

For everyone who wants to open up to it. This workshop is not about “improving” our artistic skills or even becoming an artist (although that can happen 😊).

It's more about opening up to our intuitive creative life force and learning to trust it. This power is as strong as the creative force of the universe from which it emanates, and accompanies us in every decision we make, when we think, speak, dream and plan. Our evolved creative power enables us to create our liveliness in such way that we can live fulfilled, grateful and in inner peace. This is what I would like to make palpable during these 4 days.

So whether you've never been artistically creative before, just a little, or already feel like an artist, this workshop is for you.

Where does the workshop take place?

On the Costa Vicentina in southwest Portugal, in the landscape between the towns of Rogil, Aljezur and Carrapateira. We will visit different places (mainly beaches) on this stretch of coast over 4 days. The nearest airport is Faro.

Terrain - physical requirements

There are often long stairs with many steps, that we have to go down to reach the beaches and back up again when we leave. We walk a maximum of 2-4 kilometres a day, but on the sand, often barefoot, and occasionally over stony sections of beach.

Accommodation, food, transport and mobility

Each participant organizes their own travel, accommodation, meals and mobility on site. There is not much public transport, it would be good if you have a car/rental car available. There is plenty of accommodation available via Airbnb, Booking and other portals. Accommodation in the area around Aljezur, Vale da Telha and Arrifana makes sense. Please also organize your own food.

What do the individual days look like?

We meet at a different location every day for 5-7 hours. We adapt to the tides because we want to experience the low tide on the beach.

- 1st day 11.00 a.m. – 5.00 p.m.
- 2nd day 12.15 p.m. - 6.15 p.m.
- 3rd day 1:30 p.m. - 7:30 p.m.
- 4th day 2:30 p.m. - 8:30 p.m.

You will receive detailed information about the meeting points from me in time. Of course we can organize carpools.

What do I need for the workshops?

- Food and drinks for our time together
- Seat cushion, maybe a blanket
- Towel and swimsuit if you don't want to bath naked
- Robust collection bag
- Robust kitchen scissors
- If it is sunny: Sun protection: hat, sun umbrella, possibly sunscreen or clothing that completely covers the body
- If it is cool and windy: hat, good warm jacket and shoes
- If it rains a bit: good rain gear
- MP3 player or phone plus headphones, on the phone your music that you would like to dance to. The songs should be downloaded to the phone or player. Many beaches have no data network.
- If our group becomes large enough, I will organize a "Conscious Dance" (Movement Medicine/5 Rhythm) for one evening in a beautiful yurt or similar location. Someone will design this evening and the music especially for us. Please bring clothing that is suitable for dancing.

Languages

I speak German and English and the workshop can therefore be bilingual. We agree on the language that most of us speak. I translate for the others. It will probably be a colourful German-English mishmash, we will take the time to translate everything so that all of us can understand everything.

Weather

Since the entire workshop takes place outside, we are dependent on the weather. If it is too wild and wet, we may have to cancel parts of the workshop.

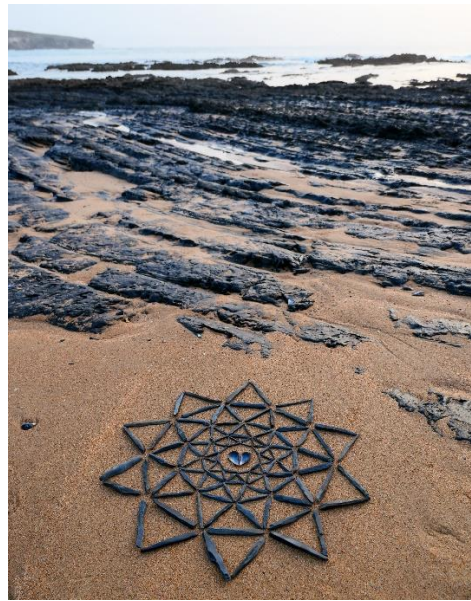
Force majeure

If I am unable to give this workshop at short notice for any sudden reason such as illness or injury, I will refund your workshop fee. However, I cannot reimburse you for your travel, accommodation and food costs.

Contribution

340 euros for the 4 days. The 4 days form a whole and cannot be booked individually.





REGISTRATION

Date workshop (please tick): 4th - 7th April 2025 Portugal
 13th - 16th June 2025 Czech Republic

Name:

Address:

Telephone number with country code:

WhatsApp, Signal or Telegram, please specify all options:

E-mail:

Birth date:

Languages:

Is there something I should know about you:

Please transfer your contribution of 340 euros to me as soon as you receive my email confirmation for your registration:

Lucia Pec
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