



Paint Mojo in Estoril, Portugal~ A Portuguese creative adventure!

With Tracy Verdugo

Imagine, explore, create and discover while breathing in the inspiration of the gorgeous Estoril~Cascais region in Portugal! I am so excited to be teaching at Margarida's lovely studio in 2015. We have been planning and dreaming for so long and now it is becoming a reality. Portugal has been top of the list as a European destination for Marco and I for a long time so this is truly a dream come true. Traveling is such a huge love for me, exploring other cultures, connecting, wandering, wondering, and learning more about myself by learning about others. I hope you can join me!!

<FEIRA DA LADRA>



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Dates: July 29th ~ August 5th, 2015

Instructor/Leader: Tracy Verdugo

Cost - \$925 Workshop price only

(students are responsible for their own accommodation, meals and transportation)

During this wonderful week of painting, sketching, photography, mixed media and playful exploration in Portugal, you will intermingle your senses, rekindle your creative mojo and find ways to cultivate your own authentic mark, all from a place of curiosity, wonder and gratitude!

With camera and sketchbook in hand, we will gather daily inspiration from forays into the surrounding towns, to markets and monuments, beautiful beaches and colourful village streetscapes, feeling the passion of our surroundings, and bringing all of this to our art practice each day in Margarida's large and delightful studio. (morning or afternoon sessions with one day free to explore).

Our tastebuds will also be titillated as we dine on the delicious regional foods, of course with seafood and local wines a specialty!

This special week will enliven your senses, enhance your creative journey and expand your joy parameters!

Suitable for all levels of creative exploration! ☺

"Are you ready to **tap into your own wellspring of luscious creativity**? I invite you to come on a journey with me, one of vibrancy and playfulness, freedom and fearless exploration, I invite you to come and discover the beauty of your own story against the backdrop of the beautiful Estoril-Cascais and Lisbon, steeped in beauty, romance and history."

During this week of discovery and play in Portugal with Tracy you will:

- Explore new, non threatening ways to make art
- Learn to be inspired in every moment and realize that there are no mistakes in the creative process, only opportunities to learn and grow!
- Spend time creating paintings and mixed media pieces spontaneously and intuitively, inspired by daily adventures, with no expectations, a wholehearted approach and an open mind!
- Learn to find your own inner muse, reconnect with your creative selves and find inspiration for our art in unexpected places.
- Go through a series of fun, playful, exercises, encouraging you to become an explorer of possibilities with a focus on gratitude, letting go of our inner critic and playful exploration,
- Learn tips and techniques for **creating vibrant, expressive, colorful paintings**, using acrylics, collage, ink, and pastels.

Be guided into your own personal creative flow and helped to find ways to recognize your own authentic creative voice.



Here's what Margarida has to say about her beautiful location. You can see LOTS more on her website including the option of booking accommodation at her charming place and staying right on site!

<http://www.artparadiseinportugal.com/accomodation.php>

*** Fantastic location near the beach 17 miles from Lisbon airport**

- **Comfortable accommodation**
- **A lovely studio for the perfect ART WORKSHOP**
- **With me, as your personal guide, a lot to discover in Lisbon old town and its surroundings with me as your personal guide**
- **Delicious Portuguese food, seafood and great wine**
- **Cafés and restaurants on every corner.**
- **Great flea markets**
- **Old book shops with amazing ephemera**
- **Places of interest and beautiful castles, palaces and monuments**
- **A dream come true for foreign visitors**
- **An unforgettable experience**

Most Portuguese can speak English and...they are the most welcoming people in Europe!

Also many affordable options nearby on airbnb! Portugal is super economical for food and places to stay.....

<https://www.airbnb.com.au/s/Estoril-Portugal>



Workshop fee includes;

Daily instruction (mornings and/ or afternoons in the studio) with Tracy and lots of adventures afield with Margarida and Tracy too, with one free day for you to wander at will!

A welcome class (with vino!) with Margarida in traditional tile painting!

· *NOTE: Price is for tuition and studio time only and does not include airfare, accommodation or meals but it is anticipated that the group will enjoy most meals together!*

REGISTRATION IS LIMITED TO TWELVE STUDENTS

**To reserve your place please email me at info@tracyverdugo.com
Your registration will be confirmed with a deposit of \$325 U.S to my paypal account at tracy_verdugo@hotmail.com**

***Students will be mailed a registration packet with more detailed itinerary and information*

www.tracyverdugo.com

[blog:http://artoftracyverdugo.com](http://artoftracyverdugo.com)

Hope to see you in Portugal!!

Tracy xox

LOVE. ART. INSPIRATION.

Tracy Verdugo



