



WELLNESS

ART RETREAT

WITH

MARYANNE OLD  
*Artist*



# Bugs & Botanicals

THE ART OF PAINTING  
NATURE



SELF-CARE IS THE  
MOST POWERFUL  
WAY OF TAKING  
CARE OF OTHERS



23RD, 24TH, 25TH APRIL



Reymerton Hall, Holl Lane, Reymerton, Norwich, NR9 4QY





## About Reymerston Hall

### YOUR COUNTRYSIDE RETREAT

As you follow the sweeping private driveway and step into the dappled shade of the ancient cedar trees at Reymerston, your gaze can wander as far as the eye can see. This tranquil place is a treasure waiting for you. Nestled within the charming village that shares its name, the Georgian manor at Reymerston graces 12 acres of gardens and grounds, complete with a picturesque miniature lake. When you visit, prepare to be captivated by one of Norfolk's most exquisite country estates.

### REYMERSTON HALL: The Venue for Your Retreat

Reymerston Hall is the perfect haven for bespoke well-being retreats, offering an ideal sanctuary to unwind and reconnect with your creativity. The estate features six luxury accommodation suites, each with its own ensuite bathroom, ensuring you have a tranquil space to enjoy every moment of your special wellness break.

### RICH IN HISTORY

Once the cherished abode of Sean Connery's stunt double for James Bond, Reymerston Hall's historic heritage has been reimaged to cater to 21st-century guests. Dating back to the Georgian era, the grandeur of the hall is evident in its soaring ceilings, classical proportions, and ornate fireplaces and features that exude timeless elegance. Immerse yourself in the awe-inspiring beauty of the grounds.





## The Creative Journey of Maryanne Old

Let us introduce you to Maryanne Old – wife, mother, artist, crafter, and devoted home and garden creator, although she would be the first to tell you there's no specific order to these roles. Creativity lies at the heart of her entire existence, and she has crafted a career in the arts, excelling in a multifaceted, mixed-media approach. Maryanne is a botanical watercolour master and loves nothing more to share her approach.

Born in Norfolk, Maryanne embarked on a remarkable journey that took her abroad for a decade. She spent 8 years living in Athens, Greece, and explored the vast terrains of Australia and Southeast Asia for another 2 years. Eventually, she returned home to marry her childhood friend, Tim.

Tim and Maryanne now share their lives in a charming flint cottage in Norfolk, alongside their sons and their little dog, Dolly. Maryanne's artwork adorns private collections spanning the UK, Brazil, Greece, Australia, New Zealand, Dubai, Sweden, and numerous collectors in the United States.

Her artistic style is marked by its vibrancy, a touch of realism, and a sprinkling of magic, all of which consistently celebrate the beauty that exists in the world today. The Mediterranean and the natural world serve as enduring inspirations in her work.

Maryanne has an unshakable love for flowers. She cultivates them, paints them, incorporates them into her designs, and creates stunning floral displays. She describes flowers as an extension of her paintbrush, and creating with florals is her true passion.





## The Creative Journey of Maryanne Old - Continued

In recent years, Maryanne has expanded her artistic enterprise to encompass floral workshops and a mixed-media art school. She imparts her knowledge in sketching, drawing, watercolour, and acrylic techniques. Her Instagram account is a wellspring of inspiration for people who appreciate her artistic, crafty, and homely content.

Maryanne is the founder of 'Brush n Bubbly,' 'Cake n Paint,' 'Cake n Sketch,' and 'Craft n Laugh' workshops, all designed to emphasize the joy of creativity. She also organizes Plein Air summer outings for painters, collaborating with Age Concern UK to offer free spaces to those battling loneliness. More recently, she has ventured into being a wedding painter, as her style seamlessly complements the romantic floral backdrops that grace most weddings.

Maryanne holds a firm belief that "art is for everyone" and tirelessly endeavours to bring the joy of creation to beginners in her uniquely encouraging and inspiring manner. She teaches arts and crafts at John Lewis and other prestigious venues across Norfolk. Recently, she introduced private hire options for all her classes, catering to corporate and private events, as well as wedding celebrations, available worldwide.

Maryanne has engaged in online collaborations with renowned brands such as Tetley, Hug Rug, Earth Breeze, Sipsmith, Big Dug, Holand & Barrat, and many others. She's taken ownership of the hashtag #creativehappy life, signifying her commitment to spreading the joy of creative living.

You can find Maryanne at workshops across East Anglia and beyond, sharing her passion for art and creativity.





# Why us ?

## Self care is a prevention strategy not just a crisis response !!!

You deserve something that's just for you. The best way to keep caring for everyone else, is to take care of your self.

### **Art Retreats: A Fulfilling Holiday Experience**

Art retreats offer a rewarding way to make the most of your holiday. They provide an opportunity to learn something new or nurture your existing hobbies while immersing yourself in the beauty of a new destination and connecting with like-minded individuals.

You'll discover the ability to fully unwind as you engage in creative tasks, allowing yourself to detach from the everyday stresses of life. It's a unique way to take a break, and you're guaranteed to return feeling rejuvenated, inspired, and thoroughly rested.

Our retreat is an excellent opportunity to meet others who share your passion for art. Typically, you'll spend several days learning together and enjoying your leisure time, providing the perfect setting for exchanging tips and perhaps even forging lifelong friendships.

### **Meet Our Hosts: Liz and Maryanne**

Liz, the owner of Reymerston Hall, has painstakingly restored her remarkable Georgian home, elevating it to a venue of the highest calibre. Liz is an exceptional host who also excels at creating delectable cuisine. She has long envisioned her home as a place for creative joy, a sanctuary to heal, unwind, and find your inner peace.

Maryanne, is an artist, designer, and creator who operates a highly successful art school, specializing in teaching mature creators. Her artwork graces collections worldwide, and she is celebrated as a master of watercolor botanical art. With her unique style and infectious flair that often leads to laughter, you'll immediately feel at ease in her company. She radiates warmth and a perpetually sunny disposition. Above all, she firmly believes that art is a skill that can be learned, not a talent one must be born with – all you need is the desire to try.

### **What This Retreat Offers**

This retreat provides expert tuition and personalized guidance, all within the company of like-minded individuals and set against a backdrop of sumptuous surroundings. It's an unforgettable experience that will leave an indelible mark on your memory.



# What to expect

Join Maryanne for an extraordinary botanical watercolour retreat nestled in the heart of rural Norfolk. Immerse yourself in the serene ambiance of Reymerston Hall, where you can sketch and paint in the lush gardens or within its splendid rooms. Embrace the process, find joy in each stroke, and focus more on a journey into botanical bliss.

Under Maryanne's expert guidance, you will learn her unique botanical watercolour painting process. Maryanne's goal is to elevate your skills and instil a sense of joy in every creation, ensuring your relaxed and inspired throughout what she describes as a 'Magical Immersive Art experience'.

During this retreat, you'll discover:

- The art of studying a plant or flower and knowing where to begin drawing it.
- The process of selecting a colour palette and creating values across your composition.
- Advanced painting techniques to enhance your skills.
- The method of composing an arrangement on the page.
- The differences in papers and prepared paint surfaces.
- The various forms of watercolour brush strokes.
- The therapeutic calm that watercolour painting can bring.
- Fine Art details and how to achieve them.

Maryanne will provide live demonstrations and answer any questions you might have along the way. You'll also have the opportunity to connect with a small group of like-minded creatives who can support your artistic journey.

In addition to creating alongside Maryanne every day, you'll have ample time to relax and soak in the stunning Norfolk countryside. Immerse yourself in the majestic environment that is Reymerston Hall, complete with sumptuous surroundings, delicious home-cooked food, a Saturday night floral sound bath experience, and a Friday evening story night featuring personal flower presentations and floral storytelling. Enjoy wine and engaging conversations. Every detail will be meticulously catered to ensure you have the BEST art retreat experience.

Relish in the five-star comforts of this exquisite boutique accommodation where your every need will be catered to in true Reymerston Hall style.



# Prices

## 3 day botanical watercolour retreat



Double room **Little Nellie**

£850pp x2 sharing



Double room **Cedar**

£850pp x2 sharing



Double room **Walbro**

£850pp x2 sharing  
£700pp x3 sharing



Double room **Wallis suite**

£850pp x2 sharing  
£700pp x3 sharing



Twin room **Lady Elizabeth**

£850pp x2 sharing



Twin room **Holbrook**

£850pp x2 sharing

### The price includes a comprehensive package:

- A warm welcome with drinks upon arrival.
- Three days of unparalleled hospitality at Reymerston Hall.
- A hearty Full English breakfast to start your day.
- Light, refreshing lunches to keep you energised.
- Exquisite evening dinners complemented with wine.
- A delightful afternoon tea finale to wrap up the retreat.

### In addition, you'll benefit from:

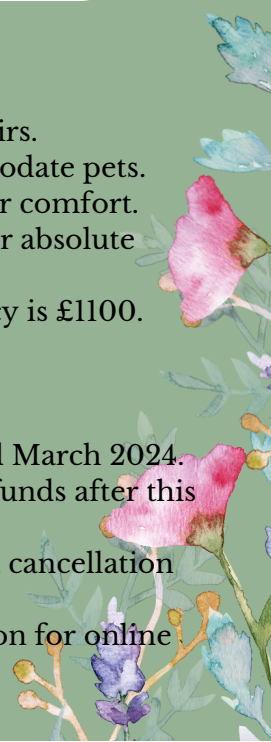
- Three days of expert teaching with Maryanne Old.
- An evening sound bath experience for relaxation.
- All necessary materials for the retreat.
- A personalised gift hamper as a memento of your time with us.

### Please take note of the following:

- Rooms are accessible solely via stairs.
- We regret that we cannot accommodate pets.
- Rooms are refreshed daily for your comfort.
- This retreat may not be suitable for absolute beginners.
- The rate for single room occupancy is £1100.

### Cancellation Policy:

- A full refund is available until 23rd March 2024.
- Unfortunately, we cannot offer refunds after this date.
- We recommend securing personal cancellation insurance.
- PayPal offers a payment plan option for online purchases.





## The Finer details

### Included in the package:

- Watercolour painting classes, individual tuition, and demonstrations led by artist Maryanne Old.
- High-quality, 100% cotton watercolour paper.
- Paints, brushes, and all necessary art supplies.
- Two nights and three days of full-board accommodation at Reymerston Hall.
- Exclusive access to the entire 12-acre property, including private gardens and terraces.
- An immersive botanical story night on Friday, with a welcome gift hamper awaiting in your room.
- Freshly prepared meals at the hall: two breakfasts, three lunches, two dinners, and one afternoon tea.
- Coffee, tea, and water available throughout the day.
- A glass of wine or a soft drink of your choice served with dinner.
- Welcome and farewell drinks and cakes.
- An immersive botanical sound bath experience.
- Individual care and attention to ensure a memorable retreat.

### Please note that the following are not included:

- Airfare or transportation to Norfolk, UK.
- Travel insurance and cancellation insurance.
- Extra drinks at the hotel.
- Any additional costs guests might incur independently.





# What we need to know about you.



Name



You need novice or Intermediate level watercolour ability. This retreat will not be suitable for complete beginners. Advanced and master painters are welcome but lessons will be tailored to the lower abilities.

Please tell us what level watercolour experience you have ?

Please tell us of any disabilities that affect your mobility and your artistic ability.  
( arm or hand issue )

Please inform us of your dietary requirements, and any other allergy issues we must be aware of

Please let us know your date of birth, and favourite flower

Please inform us of anything else we may need to know in order to ensure your comfort and safety ( dietary needs, allergies, phobias )



## Levels of Mastery

**Beginner** X

I have little or no skills in watercolour basics and I'm keen to learn.

**Novice**

I understand some basics of watercolour and composition and want to build on these skills.

**Intermediate**

I am capable of painting with watercolour, sketching with great composition and mixing colour to provide good levels of light, texture, pattern and balance.

**Advanced** X

I am competent in sketching composition perspective, painting, choosing colour and controlling the paint to produce professional level art.

**Master** X

I can teach Maryanne a thing or two!!!

MARYANNE OLD Artist