

Liz Murphy
STUDIO



THE UPLANDS

Creative Play

inspired by nature

ART
RETREAT
WALTON · NEW YORK



INTERMEDIATE
LEVEL

AUGUST 20TH TO 25TH 2024

Hi there

I am so glad you decided to inquire further. Let me tell you all about this magical 5 days and 4 nights at the stunning Uplands Center in the beautiful Catskill mountains.

If you are a nature lover and/or craving new fresh ways to unleash and expand your creativity in new profound ways, this is for you.

Immersed in the tranquility of 290 acres of beautiful countryside, you'll be amazed by the stunning amenities, nourished by incredible farm to table food and inspired by mother nature's beauty all around you.

Whether you're an experienced artist or just starting out on your creative journey, this unforgettable 5-day art retreat, in the stunning Uplands Center, located in the breathtaking Catskills, NY State will definitely ignite your artistic enlightenment in the arms of nature's wonders.

- DISCOVER new ways to really see and express the world around us
- CONNECT with interesting, like-minded souls
- SEE the world with new eyes
- ABSORB the wonders of nature
- AWAKEN your intuition and sense of awe
- BREATHE new life into your art
- PLAY the way you did as a child
- UNLEASH your creative juices
- EXPLORE what lies between observation and abstraction.
- CREATE beautiful expressive art that is unique to you
- RESTORE a sense of peace and joy

Please keep reading for more about the center, the workshop, payment details and testimonials

LOVE

Liz



WHO IS THIS RETREAT FOR?

- It is designed for creators with some experience in abstract expressionist painting.

- Beginners are absolutely welcome but a level of skill and understanding of color would definitely be helpful.

Contact Liz if you would like more information around this. lizziemurphy@mac.com

WHAT CAN I EXPECT?

- A total of 22 hours of art sessions over the 5 days
- Exclusive use of the center and facilities
- Group and individual teaching by Liz
- Basic materials and supplies provided
- Incredible farm to table cuisine.
- Yoga, forrest bathing, dance and meditation sessions.
- An equipped studio open throughout day and night
- Individual easels and table tops
- Snacks and refreshments will be available through the stay
- A small intimate group of fun like minded people.
- friendly staff
- nature walks and hikes





WHERE WILL YOU BE STAYING?

Residential retreats are held at the stunning Uplands Center in Walton NY, located 2.5 hours outside of NYC on 290 acres of tranquil farm and woodlands in the sweeping hills of the western Catskills. The center is replete with luxurious spa, meeting, and healing amenities.

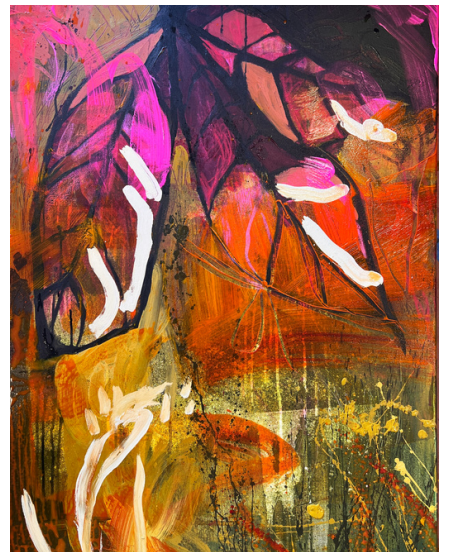
The Uplands Center is a non-profit retreat center dedicated to caregivers and social change-makers, providing an environment for renewal and innovation that empowers all to make the world a better place. Creativity for The Uplands is a foundational value, fostering art and creative expression as vital, transformative means of healing, growth, and advancing positive change in the world.

'Creative Play' participants will enjoy exclusive use of the center's grounds and amenities during of their stay.

All proceeds from the 'Creative-Play' retreat will help fund restorative retreats to frontline changemakers and caregivers with limited resources.



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DINING

Breakfast, lunch and dinner are made from fresh organic ingredients, when possible sources from The Uplands' own garden. Meals are served buffet style in the expansive dining hall with sweeping views of the landscape beyond or on the large outdoor patio where there are comfortable lounge seating and tables. A constant supply of tea, coffee & snacks will be available throughout the weekend.

WELLNESS PRACTICES

There are a variety of wellness activities to choose from during your stay. These include:

Yoga, guided meditation, self-regulation practices. "Forest bathing" and other nature immersion activities. Massage, reiki, sound baths with crystal bowls

There are also many charming intimate spaces to be found around the property, both inside or out for solo meditation or simply sitting back, reading and relaxing.





Fitness: Small fitness area, equipped with an elliptical, stationary bike, and free weights

Spa: Lap pool and medical-grade infrared sauna

Garden Experiences & Nature Walk: Guided hikes through forests and fields

0.6 mile self-guided “Wellness Walk” and 2 mile Brook Trail. Tours through organically-grown permaculture garden



Outdoor games. Bonfire & fire pit:

Yard games such as ladder ball, corn hole, badminton, volleyball, soccer, frisbee golf, croquet and bocce ball

Fire pits and bonfires each evening upon request (weather permitting)



Bedrooms: 16 beautifully appointed bedrooms, each slightly different from the others. The rooms can be occupied as singles or doubles. All but one of the bedrooms have their own en suite bathroom and are fully equipped with modern conveniences.





The Art Studio: The beautiful state of the art studio flows directly out onto a large deck, adjacent to a stunning flower garden and a short stroll to a Wellness Walk and a serene hilltop Cherry Grove (“Cheriklo”), a uniquely inspiring venue for meditation, reflection and group convenings.

The studio is equipped with easels, tables and basic art materials for your use during the stay. It will be open 24 hours so you can extend your “creative-play” time for as long as you wish.

Art supplies for the Creative Play workshops are provided as part of the overall cost. For those artists wanting to work on larger canvases, you are welcome to ship directly to The Uplands Center prior to the commencement of the retreat.

Guests will be sent suggestions for any additional supplies, equipment, clothing etc closer to the start of the retreat.

FYI The Uplands asks that you respect the beautiful condition of the center Adequate measures will be take to protect the walls and floor, so youwont need to worry about splashing paint around !😊🙄



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Creative-Play
RETREAT

AUGUST 20-25TH 2024

WHAT IS THIS GOING TO COST?

6 days, 5 nights in a single room = **\$2950**

Tuesday check in from noon. Departure Sunday from 3.30/4pm

Price includes all materials, art coaching from Liz, all meals, unlimited tea/coffee services and snacks, a private bedroom and bathroom, yoga and guided breath work, and exclusive use of all Uplands facilities, including a medical-grade sauna and indoor lap pool.

Massage sessions can be booked at an additional cost.

All proceeds from the "Creative Play" retreat will help fund restorative retreats to frontline change makers and caregivers with limited resources.

I'M IN! WHAT ARE THE NEXT STEPS?

Please sign up through the Uplands website:

<https://youli.io/t/the-uplands-center/creative-play-with-liz-murphy>

Warmest regards

Liz

Testimonials

It's like I've been somewhere otherworldly and am just waking up from my dream. And the dream was all of you, Uplands, the art, the trees, the fern covered walking paths, the butterflies....oh and the food. Every moment and detail was absolutely perfect...still get chills thinking about our evening of song, drum and guitar.

Come on...not sure I could have imagined anything better.

Thank you Liz. So glad I said yes.

KIMBERLY

It seems unanimous! A wonderful time was had by all. I really enjoyed the entire weekend. Everything about it. You're a great teacher and you gave us a roadmap into an exciting uncharted territory. And the fact that you donated all of the proceeds speaks volumes about your heart 🙏

Looking forward to a night at the studio!

Hugs,
GREG

Thank you from the bottom of my heart for the most amazing, liberating, inspiring experience! Everything has exceeded my expectations: the magical place, the wonderful people, the delicious food and even the painting process itself, for some reason I thought I would be tormented and blocked, instead it felt like kids play and total liberation!

So so generous of you to share your creative process with us. I feel tremendously inspired and already tore up our studio so we can start painting asap!!

We would like to come to the studio and frame some art together! Would be great to see you. So please count us in, me and Greg.

Thanks again and we'll most definitely stay in touch!

Warm hugs,
Janna

more testimonials



“ RETREAT TESTIMONIAL
JULY 2023

I've just returned from an amazing art retreat in Bali with Liz, and let me tell you, for someone who is just at the beginning of her art practice, this could not have been more perfect thing to do! Liz has a unique and rare talent of liberating one's creative mind. She compassionately guides you through a process of shedding the tensions and limitations, and coming closer to truly expressing yourself. I happen to be a perfectionist and have a very structured, critical mind, so for me this was a truly freeing, revolutionary experience. I feel that my creativity was literally unleashed, as I was given a permission to simply play with colors, express and experiment without judgement. We've learned lots of interesting techniques, color mixing methods and also art theory and all of this was so amazing. Each one of us created wonderful art, many pieces to take home. I've met lovely, inspiring artists from all over the world. I cannot recommend Liz as an accomplished art teacher highly enough, please do yourself a favor and sign up for a class or a retreat with her! You'll come out a better painter and a freer person. You'll be inspired and empowered to fearlessly create. And, you'll deeply rest and recharge your creative batteries in some of the most beautiful settings! Treat yourself for a retreat

JANNA MAKAEVA
NEW JERSEY USA

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“ RETREAT TESTIMONIAL
JULY 2023

'I have recently attended an exceptional nine day art retreat with Liz Murphy and can honestly say that I have learnt more about abstract painting, colour and technique than I have learnt in the last ten years of attending other art classes.

Liz is a truly inspirational teacher as well as an accomplished artist. Her warm personality creates a safe environment to experiment and play and has given me the confidence to utilise a variety of marks, space and techniques that I wouldn't have developed without her.

It was interesting seeing Liz work with both experienced artists and complete beginners sensitively and intuitively. If you want to learn with the best, do yourself a favour and sign up to one of her retreats. I highly recommend'

PIP
ENGLAND

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“ RETREAT TESTIMONIAL
JULY 2023

After recently attending an abstract art painting retreat with artist/coach Liz Murphy, I have not only come home to NZ excitedly armed with fabulous new skills, inspiration, practical solutions, confidence and newfound friends, but also fond memories of rubbing shoulders with an especially talented artist and teacher. Liz is super friendly, proficient, kind, and generous, who energetically divided herself equally amongst artists of varying abilities. She is professional and an enthusiastic tutor, sharing her tools, her processes, and her phenomenal knowledge on mixing colours. I would do another workshop with Liz Murphy in a heartbeat!

ROSE RUDD
NEW ZEALAND

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“ RETREAT TESTIMONIAL
JULY 2023

I have painted with many teachers (haven't we all) but I have to say the Liz Murphy is among the very best. Liz has a way of imparting her design and paint blending theories in a way that resulted in immediate improvement to my work. Liz is an energetic and enthusiastic teacher who clearly loves helping her students get to the next level, regardless of where the student starts, from beginner to advanced. Some painting teachers are esoteric and the concepts they teach are hard to grasp, but Liz has a special talent for really helping the artist see the strengths of the student's work, and offers practical suggestions for consideration. It has been a joy to work with her!

JANET MCCULLAR
NEW MEXICO USA

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THE UPLANDS

a center for renewal, learning & growth



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