

## MEDIA RELEASE

### Vivid Art Retreat - a real treat!

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Vivid Living has partnered with Bottle and Brush Art Classes to host an Art Retreat, providing adults living with disability the opportunity to experience art and creativity in a relaxed environment.

Vivid CEO, Scott Alexander said the retreat is a valuable experience for Participants to immerse themselves in a sensory feast.

“Our Participants gain valuable insight in artistic technique and have expressed themselves with confidence as budding artists which has put big smiles on their faces,” Mr Alexander said.

Held at Merool on Murray in Moama, the waterfront haven was the perfect setting to inspire a steady flow of creative juices.

“The Art Retreat is one of many Flexible Support opportunities available at Vivid, with the overall aim of enhancing independence, confidence, self-esteem and life choices,” Mr Alexander said.

“The success has been overwhelming and we have the skilled expertise of Bottle and Brush to thank for making this an annual event on Vivid’s calendar,” Mr Alexander added.

Owner of Bottle and Brush Art Classes, Caroline Smith said it was a delight to partner with Vivid and guide Participants through the artistic process in a calm and fun environment.

“One of the most rewarding components of our business is encouraging groups to block out everything else in life, and focus on developing their creative freedom. The results speak for themselves,” Mrs Smith said.

“The benefits of art for mental health have been well documented and we find all participants, regardless of whether they have painted before, before become absorbed in their work. Self-expression is important and we encourage participants to paint their own interpretation of the art works we present”. Mrs Smith added.

“We are an inclusive business and are grateful for the opportunity to help adults with disability further develop their skills and discover talents they may not have realised they had,” Mrs Smith added.

Vivid Art Retreats are an annual event and further information can be obtained by visiting Vivid’s website [www.wearevivid.org.au](http://www.wearevivid.org.au) or calling 5480 6611.

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