

# The Audacious Foundation's 2025 Connecting Children to Nature Retreat



## NEUROGRAPHIC ART EXPERIENCE

### YOUR INSTRUCTOR:

#### CHRISTI BELLE

Christi Belle is a Santa Ynez Valley local, the founder and co-owner of Art Spot. She is passionate about art and believes that creating is what we were all made to do. Fun, energetic and encouraging as an instructor she lives for the moment when students light up as they step back and look at what they've created. Art Spot was born out of a desire to share her passion for painting and gifted ability to teach students leaving them comfortable with a paintbrush and proud of what they've accomplished. At the inception of Art Spot, Christi, as a natural born explorer, was unready to put down her roots in one location and thus began Art Spot to satisfy both pieces of her passions. After two years as a mobile business she and her wife Maria opened Art Spot "The Landing" to offer a space for ongoing classes, workshops and kids camps. In 2019, they opened up a larger studio that would serve as a community art center where kids and adults alike could drop in to create on their schedule.



### WHAT YOU WILL BE DOING:

This session is a meditative art process that combines mindfulness with abstract line work to promote clarity and stress relief. This relaxing and meaningful activity invites participants to slow down, reflect, and leave with a unique piece of art created from within, and a palette of paint to continue the practice at home.