

All Alone

Creative Retreat

Welcome to this creative retreat inspired by Meadow Arts' All Alone exhibition at Croft Castle, created for you by artist Emily Meredith. There are a bundle of resources for you to choose from, including a video workshop, audio meditation and retreat day schedule. Feel free to follow the suggested schedule to retreat for a day and nurture your creativity (alone or with others), or use the workshop and audio meditation whenever you like.

This retreat and the All Alone exhibition invite you to explore and define the idea of 'alone' for yourself. The included activities are particularly inspired by the ...kruse artwork titled un-being in the exhibition, which focuses on the idea of the hermit, turning the striking structure of the grotto into a hermitage.



...kruse is a visual artist, writer and neurodiversity advocate based in Birmingham whose practice crosses boundaries into storytelling, performance and phenomenological research. She has exhibited and participated in projects across the West Midlands, Oxford, London, Manchester and Hida Takayama, Japan. Recent commissions include a text published to mark Artists Newsletter's (a-n) 40th anniversary, published in December 2020 in collaboration with Black Hole Club, and a New Art West Midlands, Engine Micro Bursary, to write a response to the Covid lockdown titled How To Be A Hermit.



Retreat Schedule

Wake Up

Grounding Meditation
(Guided by the MP3 audio)

Breakfast

Watch Objects of Hermitage Video

Go for a walk and gather objects
for the creative workshop

Lunch

Making and creative writing
(Guided by Objects of Hermitage video)

Free time

Read, rest, walk, play, nap, garden, watch films

Dinner

Connection

*Phone a friend, be with loved ones
or just enjoy being with yourself in whatever
way nourishes you most*

Sleep

We invite you to discover your own version of creative hermitage! These activities are adult focused, but are also suitable for older children. Younger children can also take part in the activities if guided by an adult. We suggest that they focus on the gathering and making part of the day retreat (an adult may need to assist with cutting plants and gathering), and perhaps draw or paint their found objects instead of doing the creative writing task.

The focus of these activities and workshop is 'alone' but you can of course do these things as a family, couple or group as a way of spending quality creative time together. Why not combine this workshop with a visit to the exhibition? Below is a list of what you'll need, followed by a suggested outline if you'd like to retreat for a day with these activities.

WHAT YOU WILL NEED

- Scissors or secateurs
 - String or yarn
 - A small bag for gathering objects (optional)
 - Notebook/paper and pen
 - Layers in case it's warm or chilly
 - Sensible shoes for walking
 - Any snacks or drinks you need for a walk
 - Blanket or yoga mat for grounding meditation (optional)
- If you're doing the day version of this retreat, make sure you have enough food for the day and clear a space in your diary. You may also like to turn off your phone and devices for the day.

SAFETY NOTE: Please walk somewhere you feel safe, take a map if you need to and don't pick up anything sharp or rusty. Wear gloves for gathering objects if you like!

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