



Art Camp 1: Following Our Light

Nov 10th: Breakfast at the farm
Morning: Workshop
Lunch/rest
Afternoon: Workshop
Dinner

Nov 11th: Yoga and meditation
Breakfast at the farm
Morning: Workshop
Lunch/rest
Afternoon: Workshop
Recreation
Dinner

Nov 12th: Yoga and meditation
Breakfast at the farm
Morning: Workshop
Lunch/rest
Afternoon: Workshop
Recreation
Dinner

Nov 13th: Yoga and meditation
Breakfast at the farm
Morning: Workshop
Lunch/rest
Afternoon: Workshop
Recreation
Dinner



General Information about Art Camps at The Art Farm:

- The Art Farm is a space just for women.
- Your application if selected will be notified by email.
- All meals are vegetarian and are cooked with what is available at the farm. All the produce is fresh, organic and grown with love.
- No drugs or alcohol is permitted.
- You will be staying at a hotel, A/C room on a twin sharing basis, next to the farm.
- There is an infinity swimming pool at the farm.
- From the farm, Panjim city is 12 kms, Airport is 17 kms

Things to carry if you are selected for the camps:

- Comfortable shoes(sneakers)
- Comfortable and loose cotton clothes for the workshops
- Yoga clothes(leggings/t-shirts)
- Swim suit
- Water bottle
- Notebook, pen