

THE OREGON COAST
A Spiritual Photography Workshop
June 10-14th, 2010
Trip Leader: Catherine Just

Please join us on this amazing photography workshop and spiritual retreat with award-winning photographer Catherine Just. We'll be relaxing for 4 days in a beautiful oceanfront home set along the stunning Oregon beach. As we observe and listen to the ocean – we'll have the opportunity to delve deep into the heart of our own creative process.



Sacred Sight

Journey with us on this rich and vibrant retreat. Surrounded by nature you'll have unlimited potential for quiet image making and communion between yourself and the earth, sky, mountains, trees and ocean. This merging between self and nature is experienced in the moment your being knows it's time to *click* or take the picture. **This knowing is what we wish to experience time and time again – the mysterious space in time when we merge with spirit through the camera lens.** Connecting deeply with the oneness of life we have the desire to express our feelings on film.



Expressive Freedom

Each morning we'll gather together to share our thoughts and feelings about our creative process and where we would like our photography to take us. You'll be given photo "assignments" which will encourage you to explore the hopes, dreams, and wishes that spring from your hearts deepest desires. Heading along the

coast, we'll visit a variety of terrains and vistas presenting us with unlimited photo opportunities. There will be plenty of time to expand your consciousness, explore the assignments, work on personal projects, walk along the beach, journal, or simply take a

quiet break. In the evenings we'll gather again for dinner and discuss what has been revealed to us that day. Open to all levels of photography experience – so don't be shy!

Itinerary for the Oregon Photography Travel Workshop

Day 1 Thursday June 10th (-/-/s)

Arrival at the Oceanfront Manzanita Beach House at 7:00 pm. Time to meet everyone, get accustomed to our fantastic beach house, and settle in to your room for the night! We'll go over the general structure for our next days together, talk about your personal workshop goals and get to know each other before our first full day begins on Friday. Tea, coffee and some small snacks will be available. Although dinner is not provided – there are many wonderful places in town for you to eat before you arrive at the beach house. We will provide you with a list of restaurants once you register for the workshop.



A seven mile long sandy beach, Manzanita beach stretches from Neahkahnie Mountain to the Nehalem River jetty. From our house, it is a 10 minute walk down the beach to the small, friendly town of Manzanita. This not overly touristy town has just the right mix of retail shops, coffee shops, bookstore's, restaurants and great grocery stores.

Our house is at the center of a natural paradise that includes hiking trails through old growth forests with incredible ocean vistas, miles of bike paths in Nehalem Bay State



Park, surfing at Oswald State Park, fishing in Nehalem River, and crabbing in Nehalem Bay. Golfers will enjoy Manzanita's beautiful and challenging nine hole course. Shoppers can spend time in the art galleries of nearby Cannon Beach or the antique shops of even

closer Nehalem and Wheeler.

The front lawn of our house is a perfect place to relax during the day or to enjoy Barbequing while watching amazing sunsets. On stormy days, curl up with a book in front of the fire.

Days 2-4 June 11-13th (b/-/-)

We'll spend the next 3 days exploring the coastal area near the beach house. Each morning we'll start our day with breakfast at the house and head out for our morning photo excursion – perhaps to Cannon Beach, Manzanita beach, Neahkahnie Mountain, etc. Yummy lunches at [quaint local restaurants](#) will follow and the rest of the afternoon will be open for you to continue your photography work, take a long walk or take some time for yourself in town. Our evenings will



be spent gathering together at the Beach House to discuss our day, download our work to the computer and sharing your work with each other. Then we'll head into town for dinner each evening. There is no definite schedule for these days, only a basic outline that may be changed as I work with the energy present in the moment.



Day 5 Monday June 14th (b/-/-)

We wrap up the workshop at noon on Monday. Breakfast in the morning will be followed by a short gathering then lot's of hugs and sweet good-by's. We leave Oregon renewed, refreshed and excited about what we have created and the creative process that will follow!

Important Information for the Oregon Travel Photography Workshop

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What's Included:

- All breakfasts are included and light house snacks.
- All photography and spiritual teachings.
- Day trips to multiple photographic locations.
- Daily photography discussions, reviews and assignments.

What's Not-Included:

- Personal items such as phone calls, laundering services and souvenir shopping!
- Your round-trip air flight to and from Portland, Oregon is not-included.
- Transportation to and from the house – we are around 2 hours or so from the airport and so renting a car would be advisable. We can match you with someone coming on at the same time you are so you can split costs!
- Bring some cash for any non-included tourist activities or restaurants that do not take a credit card.
- Non-included meals can be enjoyed in any of the charming restaurants in town and there is also the option to shop for food and cook in the house if you do not wish to go out for dinner. However we will be out and about at lunch time so do plan for that.

Regarding flights: We need to be at the house on June 10th at 7:00pm. It takes a couple of hours to drive there plus we advise you to get dinner before your arrival. Keeping that in mind you would want to arrive no later than 3:00pm into the Portland airport. Going home keep in mind we have the house until noon on June 14th. But you are free to depart when you wish.

Things to do! There are so many wonderful things to experience in Manzanita and the surrounding area. You will have the opportunity to go out on your own and explore during our free time.

Oregon Travel Photography Retreat Trip Costs

For our FAB photo retreat!

A single room and workshop: \$620.00 USD

A double room and workshop: \$530.00 USD

A bed in the common room and workshop: \$499.00 USD

Space is limited in our lovely house so register early!

A deposit of \$150.00 USD with your trip registration forms is preferred by: April 1st, 2010. Final payment is due: May 1st, 2010.

