

ART • NATURE • CULINARY

# MAGICAL REALM

DOUGLAS ELLINGTON HOUSE

## RETREAT

RESERVE YOUR TICKETS FOR  
AN IMMERSIVE EXPERIENCE  
EXPLORING THE WISDOM AND  
BEAUTY OF THE NATURAL  
WORLD, INSPIRED BY  
ASHEVILLE'S NATURALIST  
PAINTER, SALLIE MIDDLETON.

Sallie Ellington Middleton

AUGUST 3RD **Five Elements Lunch** 9:30 AM- 4:00 PM  
BY THE FRUITFUL PLATE

NATURE-CRAFTING & DESIGN  GUIDED WATERCOLOR PAINTING

Book your tickets

[douglasellingtonhouse@gmail.com](mailto:douglasellingtonhouse@gmail.com)



# MAGICAL REALM

## GUIDED WATERCOLOR PAINTING

Enjoy slow observation of the natural world while learning watercolor techniques inspired by the style and themes of Sallie Middleton. No prior art experience is necessary.

## NATURE-CRAFTING DESIGN & EXPLORATION

- Experience a deeper, sensorial connection to nature through guided invitations.
- Work with natural elements to create your own pressed-flower dish.
- Receive a hand-crafted botanical soap to complement your creation.

## FIVE-ELEMENTS LUNCH BY THE FRUITFUL PLATE

- Flood your senses through a beautiful and nourishing “food as medicine” experience.
- Enjoy vibrant, vegan ingredients, including locally-grown edible flowers.

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SATURDAY ● AUGUST 3RD ● 9:30-4:00