

Creativity Retreat Schedule

What Will We Be Doing?.....

FRIDAY night -

630-830 - Please arrive no later than **6:20** so we can start on time!

1. Welcome and Introductions
2. creating group Altar
3. Intention Setting Ritual
 - Fire circle – weather permitting

SATURDAY -

PLEASE ARRIVE AT 8:45 to settle in before we start

9 - Circle time - group exercise

10:45 -1 - Open Studio (time for art exploration, writing, dance...whatever you wish...with individual guidance from Cynthia as desired)

1-1:30 - bag Lunch - with others or on your own...in studio or outside

1:30-2:00 - Check In Circle & Group Exploration

2:00-4:00 - Open Studio

4-5 - Circle - Sharing

SUNDAY -

PLEASE ARRIVE AT 8:15

830-915 - Yoga or Silent Meditative Walk around the Lake (optional)

PLEASE ARRIVE AT 915 (if not here for yoga or walk)

9:30-10:30 - Circle Time.....

10:30-12:30 - Open Studio -(time for art exploration, writing, dance...whatever you wish...with individual guidance from Cynthia as desired)

12:30-1 - bag Lunch - with others or on your own...in studio or outside

1-1:15 - Check in Circle and Group Exploration

1:15-2:30 - Open Studio

2:30-4 - Closing Circle

1. Journaling
2. Group Shares
3. Ending Ritual