



~ ReHARMONIZE ~

Contact Improvisation & Singing Retreats

Aletheia, Lummi Island, WA

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ReHARMONIZE: A Contact Improvisation & Singing Retreat

~ a special weekend weaving movement, voice, and community ~
gently facilitated by Paul Millage & Amanda West
@ Aletheia ~ A Place to Remember, Lummi Island, WA

Dates:

June 11th - 14th (3 nights) - [REGISTRATION NOW OPEN](#)

Sept 3rd - 7th 2026 (4 nights)

Registration details coming soon!

Reach out to be added to the mailing list with reminders or join [HERE](#)

For: Community Song Circlers, Contact Improv Dancers, ReVillagers and Curious Humans

Join us for a unique retreat blending Contact Improvisation (CI) with vocal improvisation and Song Circles. Enjoy sauna sessions and rustic camping amidst stunning Salish Sea views, as well as ample time for rest, beach walks & swims, and connecting with nature & each other. Gatherings at Aletheia, A Place to Remember, focus on weaving singing and

movement to evoke the sense of village many of us long to rediscover. All are welcome, the only prerequisite is curiosity.

What People Have Said About Past Events ~

"Thank you so much for such a nourishing and heart-opening weekend. The space you created at Aletheia was truly special. It felt like a deep breath for the soul. I'm still feeling the resonance of the songs, the land, and the beautiful community we wove together."

"I deeply appreciated the balance between structure and spaciousness throughout the gathering. The flow of song, dance, stillness, and connection felt intuitive and respectful of different energies arising in the group...it was such a rich and well-held container."

"I was able to practice some emotional work and also connect and support others, how beautiful. Through these retreats I am getting in touch with the true self and what I offer."

"I felt very held"

"Thank you for creating an open safe container for me to trust and expand."

"Our time together has brought me a different peace within myself, and an easier relationship with the world. I had and continue to have a very deep shifting of my nervous system."

General Schedule (subject to minor changes)

Thursday

- Arrive
- Dinner on your own, settle in, relax

Friday

- **8:30 AM – 10:00 AM:** Sauna and Singing
- **10:30 AM – 11:15:** Soft Opening & Group connection
- **11:15 - 1:00 PM:** Warm up into Focused Dance Jam with short group harvest close
- **1:15PM:** lunch (see meals)
- **2:00PM:** afternoon beach, rest & personal time
- **4:00PM:** Official Opening Welcome, Introductions, Group Connection
- **6:00PM:** dinner (see meals)
- **7:30 PM:** open time in the Heartspace (community space) - emergent music & dance

Saturday

- **8:30 AM – 10:00 AM:** Sauna and Singing
- **10:30 AM – 11:15:** Group connection
- **11:15 - 1:00 PM:** Warm up into Focused Dance Jam with short group harvest close
- **1:15PM:** lunch (see meals)
- **2:00PM:** afternoon beach, rest & personal time
- **4:00PM:** Community Song Circle
- **6:00PM:** dinner (see meals)
- **7:30 PM:** open time in the Heartspace (community space) - emergent music & dance

Sunday

- **8:30 AM – 10:00 AM:** Sauna and Singing
- **10:30 AM – 11:15:** Group connection
- **11:15 - 1:00 PM:** Warm up into Focused Dance Jam with short group harvest close
- **1:15PM:** lunch (see meals)
- **2:00PM:** afternoon beach, rest & personal time
- **4:00PM:** Community Song Circle
- **6:00PM:** dinner (see meals)
- **7:30 PM:** open time in the Heartspace (community space) - emergent music & dance

Monday *(Please note for June ReHarmonize Monday will be Sunday schedule)*

- **8:30 AM – 10:00 AM:** Sauna and Singing
- **10:30 AM – 12:00 PM:** Group warm up into Focused Dance Jam
- **12:00 PM – 1:00 PM:** Closing Circle with Group Harvesting and Sharing
- **1:15PM:** lunch (see meals)
- **Departure:** We suggest planning for the 3pm ferry, *no sooner*. There is also an option to extend your stay an extra night for integration time.

Commitment

Offerings in **RED** are **REQUIRED for participation in this weekend's retreat**. All other offerings are optional, though highly encouraged. This agreement fosters a cohesive and meaningful experience for all as we create a mini village for the weekend, through song, movement & community sharing.

Location

- **Venue:** A beautiful dance studio on Lummi Island with stunning Salish Sea views and nearby forest.
 - **Accommodations:** Onsite camping (rustic, basic amenities), or communal stay in the dance space. Please come prepared for simple living and water conservation.
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Meals

- **Bring:** Your own protein or specific dietary need, plus some extras to offer the group if you enjoy sharing
 - **Provided:** Organic white rice, quinoa, power green salad mix, olive oil, sauerkraut, and a few small extras
 - **Facilities:** Rustic outdoor kitchen available. Ample drinking and cooking water provided; brief hot showers to conserve water.
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Reciprocity for JUNE ReHarmonize

- **Sliding Scale Suggested Donation:** \$300 - \$100 for the June weekend (covers dance & song space, camping or indoor stay in the communal space, sauna, and partial meals)
 - **\$200:** Suggested donation.
 - **\$300+:** Helps sustain future gatherings and pay it forward.
 - **\$100:** Keeps it accessible for those in need.
- Please reflect on your financial situation and the value of this experience when choosing your contribution.
- A few cabins are available to stay in for additional cost ~ inquire for details

Reciprocity for SEPTEMBER ReHarmonize

- **Sliding Scale Suggested Donation:** \$350–\$150 for the September weekend (covers dance & song space, camping or indoor stay in the communal space, sauna, and partial meals)
 - **\$250:** Suggested donation.
 - **\$350+:** Helps sustain future gatherings and pay it forward.
 - **\$150:** Keeps it accessible for those in need.
 - Please reflect on your financial situation and the value of this experience when choosing your contribution.
 - A few cabins are available to stay in for additional cost ~ inquire for details
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RSVP

- **Spots:** Limited to 15 participants. A few children are welcome, please leave furry friends at home.
- **Registration** via Eventbrite coming soon!

Contact

For questions or to RSVP, please contact:

Paul Millage: paulmillage@gmail.com

or **Amanda West:** amandasmusic@gmail.com

Learn more: <https://linktr.ee/APlaceToRemember>