:: LUMMI ISLAND WINTER JAM ::

~ a special weekend retreat weaving movement, voice, and community ~

gently facilitated by Paul Millage

@ Aletheia ~ A Place to Remember, Lummi Island, WA

January Fri 22nd - Sun 24th 2027 (2 nights, with optional early arrival on Thursday)

FOR: Contact Improv Dancers, Community Singers, ReVillagers and Curious Humans

Join us for an intimate Contact Improvisation (CI) winter retreat, weaving dance, sauna and song together. Rustic accommodations amidst stunning Salish Sea views, with ample time for rest, beach walks & swims, and connecting with nature & each other. Gatherings at Aletheia, A Place to Remember, focus on weaving dance, movement and singing together 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

- Optional early arrival
- 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 dance & music

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 dance & music

Sunday

- 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 with asterix* 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 dance, movement, song & community sharing.

Location

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

Getting Here

- Exact Address: will be sent after registration
- Lummi Island is a short (6 minute) ferry ride from the mainland, about a 25 minute drive from Bellingham, WA

- Bellingham International Airport has easy flights from many cities. Reach out if you need support with travel arrangements or rides to or from the airport

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.

Reciprocity

- Sliding Scale Suggested Donation: $300 - $100 for the 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

RSVP

- Spots: Limited to 15 participants. A few children are welcome. Please leave furry friends at home.
- To reserve your spot send venmo to https://venmo.com/u/pmillage (and email after to confirm)

Contact

For questions or to RSVP, please contact:

Paul Millage: paulmillage@gmail.com

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