

# Winter Invitational

## Creative Renewal: Rebuilding from Within

*We ask that everyone stay the entirety of the program  
(schedule subject to change)*

		Location	Facilitator
<b>Saturday, December 13, 2025</b>			
10:00a - 12:00p	Check-in & Arrivals	Council	BBRC
10:00p - 12:45p	20 Minute Massage slots	Council	TBD
1:00p	Lunch	Eating	
2:15p - 2:30p	Center Orientation + Retreat Opening	Eating	BBRC
2:30p - 4:30p	Rhythm & Movement for Resilience & Self-Care	Sitting	Arts & Healing Initiative
5:00p	Welcome Walk/Hike	Eating	BBRC
6:00p	Dinner	Eating	
7:30 - 8:30p	Creative Approaches to Wellness	Sitting	Arts & Healing Initiative
<b>Sunday, December 14, 2025</b>			
<b>8:00a</b>	<b>Breakfast</b>	Eating	
9:30a - 11:00a	SoulCollage®: Hidden Gems: Finding the Gifts of Presence	Sitting	Arts & Healing Initiative
<b>12:30p</b>	<b>Lunch</b>	Eating	
2:00 - 3:00p	Sound bath	TBD	TBD
4:00p -5:30p	SoulCollage®: Visions for the New Year: Potential and Possibility	Sitting	Arts & Healing Initiative
<b>6:00p</b>	<b>Dinner</b>	Eating	
7:30 - 8:30p	SoulCollage® Open Studio	Sitting	Arts & Healing Initiative
<b>Monday, December 15, 2025</b>			
<b>8:00a</b>	<b>Breakfast</b>	<b>Eating</b>	
9:30a- 10:15a	Guided Meditation	Sitting	Melanie
10:30a-12:30p	Rhythm & Movement for Resilience & Self-Care + Retreat Close	Sitting	Arts & Healing Initiative

## **Retreat Program Description**

### **Creative Renewal: Rebuilding from Within**

Experience the joy and connection that emerges from a “social emotional arts” approach to visual arts, rhythm, and movement. In addition, discover gratitude, inspiration, and renewed purpose in life while exploring your inner world and building resilience through mindful art-making, rhythm and movement practices.

#### **What to expect?**

Creativity needs nurturing to thrive; it is vulnerable to harm. Even subtle messages of judgment can drive it into seclusion. Maybe your art didn’t get displayed in the classroom or someone misinterpreted your image or poem instead of asking you to tell them about it. Maybe someone opined on your song or dance without understanding that how you felt about it was more important.

Slowly, creativity can drift into the realm of external validation seeking. When this happens, we may try to please and risk losing our creative voice, if we don’t quit altogether. We’ll explore our creativity through visual art, rhythm, and movement experiences, discussions, and a process-focused approach – meaning whatever is expressed needs to be expressed. There is no wrong way to express yourself creatively. This philosophy reduces fear of making mistakes, enables creative expression, and builds a growth mindset.

Our visual arts experiences will feature SoulCollage®, an expressive arts method that uses intuition, imagination, and images to help us explore and embrace the inner wisdom that exists within us. Anyone can enjoy and benefit from the method—all it takes is a willingness to engage with the process, which can often answer our own questions about how best to handle situations and become our own cheerleaders, going forward with greater confidence and understanding of our own gifts.

#### **Who is invited?**

This is an invitation-only event. We are inviting a select group of movement organizers, policy advocates, philanthropic leaders, and other strategic partners – we believe that stronger personal connections and honest, reflective conversations about obstacles and opportunities will naturally lead to more effective collaboration in our work

#### **Who else could we invite?**

We’d love your suggestions and recommendations on who to invite to this invitational and expand our reach. Please send your recommendations to: Barbara Harnish  
([barb@bigbearretreatcenter.org](mailto:barb@bigbearretreatcenter.org))

# About the Activities & Schedule

## Workshops

### **Rhythm & Movement for Self-Care & Resilience**

Rhythm can calm and energize. The synchrony of rhythm, when playing with others, is rewarding to the brain and makes us feel more similar to and compassionate towards those with whom we've shared the experience. Rhythm also offers a pathway to mindfulness. Experience the mood and energy shifting power of rhythm in this playful and interactive session. And learn the secret to creating rhythms!

### **Hidden Gems: Finding the Gifts of Presence**

"The point of power is always in the present moment." —Louise Hay

Seize the grace of the present moment in this experiential workshop that hones in on the power of the present moment. With the use of guided meditation, expressive writing, and art-making through the creation of a SoulCollage® card, we'll focus on noticing what we might have not noticed before, recognizing the small instances of joy and beauty that surround us, and orienting ourselves towards being fully present in our daily lives.

### **Visions for the New Year: Potential and Possibility**

As the year comes to a close, let's combine SoulCollage® with an exploration of our aspirations for the new year. This session will help us gain clarity, insight, and inspiration about future hopes and endeavors by tapping into the depths of our inner wisdom. Through a series of creative and reflective exercises, we'll delve into an optimistic vision of the future, resulting in a deeper connection to our authentic selves and an enhanced sense of purpose for the year to come.

## Facilitators

### **Ping Ho, MA, MPH – Founder & Director, Arts & Healing Initiative**

Ping spearheaded the development of the Certificate Program in Social Emotional Arts (SEA) and the SEA Toolkit: Supportive Art, Movement, Music & Writing for Individuals or Groups in Any Setting. In addition, she co-developed and served as principal investigator for the evidence-based program, Beat the Odds®: Social and Emotional Skill Building Delivered in a Framework of Drumming. Ping is associate editor for the Creative Arts Therapies section of the *Journal of Integrative and Complementary Medicine*, and she is co-author of the 2019 National Parenting Products Award-winning book, *The Innovative Parent: Raising Connected, Happy, Successful Kids through Art* (Ohio University/Swallow Press). Ping was founding administrator of the UCLA Collaborative Centers for Integrative Medicine (now the UCLA Integrative Medicine Collaborative) and UCLA Cousins Center for Psychoneuroimmunology, which led to the privilege of writing for Norman Cousins and co-writing the professional autobiography of George F. Solomon, M.D., founder of the field. She has a BA in psychology with honors from Stanford—where she was appointed to initiate the still-thriving Health Improvement Program for faculty and staff, an MA in counseling psychology with specialization in exercise physiology from

the University of California, Santa Barbara, and an MPH in community health sciences from UCLA Fielding School of Public Health.

**Kimberly Lee, JD**, is a versatile writer, editor, creativity coach, and facilitator with a passion for nurturing the imaginative spirit and helping others reveal their own inner wisdom. A graduate of Stanford University and University of California, Davis School of Law, she is a Guided Autobiography, SoulCollage®, and Journal to the Self® facilitator and serves on the board of Amherst Writers & Artists. A teaching artist with Hugo House, the Writing Salon, and the Loft Literary Center, Lee has led workshops at numerous retreats and conferences, including the Omega Institute, Arts & Healing Initiative, West LA Veterans Administration, Creative Mornings, the Expressive Therapies Summit, Erma Bombeck Virtual Writers' Workshop, and Virginia Garcia Memorial Health Center. Kimberly's writing has appeared in publications and anthologies including *LA Parent*, *Words and Whispers*, *Minerva Rising*, *Toyon*, *The Ekphrastic Review*, *I Am Woman: Expressions of Black Womanhood in America*, the Better Sleep app, and elsewhere. Her debut novel, *Have You Seen Him*, will be published in 2025. A former editor and regular contributor at *Literary Mama*, Kimberly has also served on the staff of *Carve* and *F(r)iction* magazines. Kimberly trusts in the magic and mystery of miracles and synchronicity, and believes that everyone is creative and has unique gifts to share.

## Other Center Activities (Optional)

We have organized the rest of the schedule to be light to support your rest and time in nature. We have also included daily optional center-led wellness and nature-based activities to best experience this space. We encourage you to attend as much or as little as serves you.

### **Morning Mindfulness**

Each morning a gentle start to the day will be offered with an invitation for a brief meditation sit, some light breath work, and stillness. ***This is open to all levels***, new or experienced, and an invitation to invite the day with intention.

### **Mindful Movement: Nature Hikes**

We will offer light hikes (easy to medium difficulty) in nature around the property and national forest. Topics and specific hikes included below and in the schedule. We encourage you to join for some fresh air and time in the beautiful pines that surround us. Sunscreen and/or a hat and comfortable walking shoes are strongly recommended.

### **Welcome Walk/Hike**

This is a great grounding and introduction to the center. We will take a gentle (30-45 min) walk around the property, the trails, and point out additional trails for exploring. A chance to connect with the land upon arrival. We strongly encourage this!

## Checking In & Out

**Check-in will be from 10:00am to 12:00pm on arrival day.**

We ask, as best as possible, that you plan arrival during these times (no early arrivals will be permitted). **Please self-test for COVID prior to travel and please text your results to this**

**cell phone #: 760-885-9898 prior to arrival.** If you aren't able to test before arrival, we will have a test for you at registration in our Council building. The first meal served will be dinner.

**Check out will be before the program closes.**

We ask that you bring your bed linens and bathroom towels to the hampers in Eating or if laundry is located in your cabin please use those hampers no later than 9:30am.

*As best as possible, we ask that you do not change plans from what you have indicated on your registration and the form, but if anything comes up please let us know.*

Other information to keep in mind:

- ☐ Contact us for any questions at [guestservices@bigbearretreatcenter.org](mailto:guestservices@bigbearretreatcenter.org)
- ☐ Wi-Fi is available in all of our buildings, including the bedrooms and cabins.
- ☐ Small, simple, desks are available to be set up in rooms or cabins, please let us know if you'd like one, in case you may need to do any work or calls during their time here. These can be moved into bedrooms for more privacy.
- ☐ For more information, please visit our [General BBRC Welcome Guide](#).
- ☐ In case of emergencies or support, contact a staff member on the **BBRC Office Cell 760-885-9898 (text or call)**



# SITTING

## SECONDARY EVACUATION ROUTE:

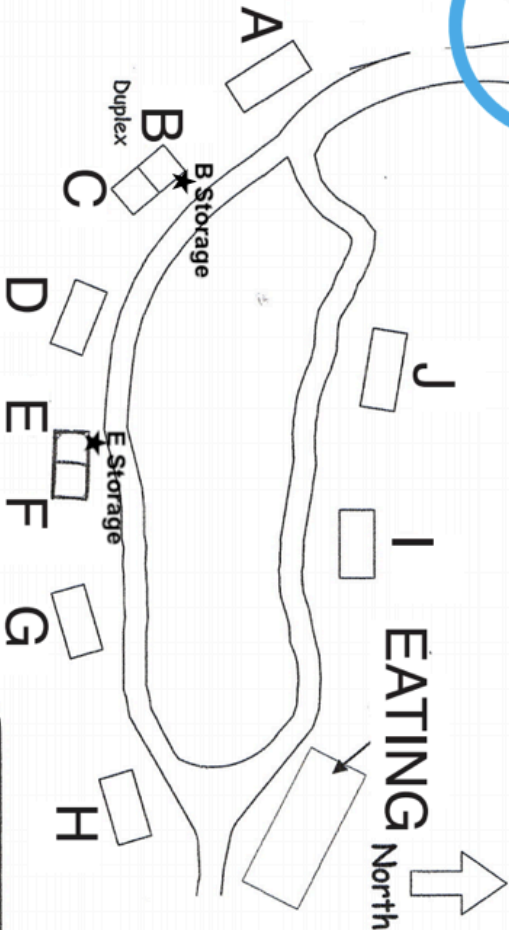
Proceed down the hill to the Entrance Gate on Hillendale Road (Stay on Paved Road)

ASSEMBLY AREA

## PRIMARY EVACUATION ROUTE:

Proceed down the hill to the Entrance Gate on Sugarpine Road (Stay on Paved Road)

# COUNCIL



## BIG BEAR RETREAT CENTER



### B Storage:

Cleaning supplies and paper goods (i.e. TP and paper towels)

Personal items to borrow such as space heaters, humidifiers, extra flashlights / lanterns, toiletries, etc.

\*Please return to B Storage anything borrowed.

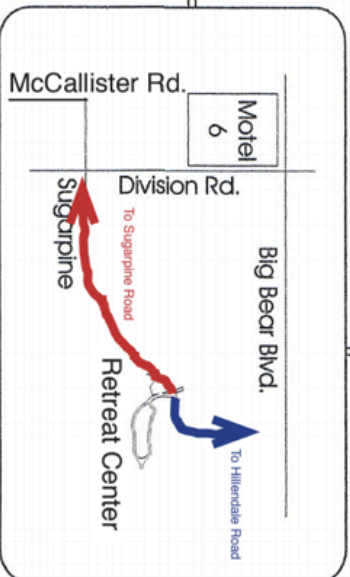
### E Storage:

Clean linens and bedding for your stay are available self-service anytime.

\*Please take any dirty linens to laundry room in dining hall.

FIRE EXTINGUISHERS ARE LOCATED IN THE COMMON AREA OF EVERY BUILDING ONSITE

EMERGENCY RADIOS ARE LOCATED IN THE COMMON AREA OF EVERY BUILDING ONSITE. TO REPORT AN EMERGENCY TURN THE RADIO TO CHANNEL 23. WHEN IN DOUBT, DIAL 911.



## Who's Attending: Our Guest List

Please note, we will follow up after the retreat with a digital guest list and emails of attendees. Please notify us during the retreat (or in the guest survey before retreat) if you would like to opt out of sharing your contact information with this group.

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