



Art Movement Nature

September 15-17, 2023

Camp Olson YMCA

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Catherine (Cat) Croneyemer PsyD, LP, CZT, RYT 200		Daphne Ponds Nurse, Attorney, RYT 200

OPTIONAL BOOK CLUB:

Your Brain on Art: how the arts transform us

by Ivy Ross and Susan Magsamen

Schedule

We are known for a buffet-style schedule. We provide the options, and you choose what feels like the perfect fit for your retreat weekend. We do not expect you to over-exert yourself in classes or anytime throughout the weekend. Listen to your body: breathe, meditate, or relax in savasana.

As long as you're breathing, you're practicing yoga.

Workshops and special activities are offered to enhance your weekend. At any time feel free to nap, read, hike, etc. You do you!

****Please bring your journal to every yoga class, workshop, meditation session...everywhere!**

Friday 9/15/23

3:00 - 4:00 pm Check-in and arrivals with Daphne & Cat	Arrive, unpack, settle in Check-in at our welcome table set up outside at the Athletic Field, near the Nature Center. When you drive up, we will be on your left. Arrive as close to 3pm as possible so you have time to settle in before the Welcome Circle.	Check-in at front entrance Welcome Table near Athletic Field (back-up for weather is in Dining Hall)
4:30 - 5:30 pm Welcome Circle with Boreal Bliss	Bring a yoga mat, cozy blanket, a meditation cushion (or pillow), and your journal. Let's set our intentions together for the weekend.	Outside at Athletic Field or Back-up in Dining Hall
5:30 - 6:30 pm Opening Yoga with Bryana	Transition, travel, and change can feel unsettling. Enjoy a grounding gentle vinyasa yoga practice. Bring journal, a towel for under your yoga mat and a blanket + layers for savasana.	Outside at Athletic Field or Back-up in Dining Hall
6:30 pm Dinner	Join us as we support local: healthy, organic, fresh dinner with Green Scene Market and Eatery of Walker, MN .	Dining Hall
7:30 - 9:30 pm Zentangle Workshop with Cat	Join Cat for a Zentangle workshop! Beginners are welcome! Cat is a certified Zentangle teacher. Zentangle is a mindfulness-based art practice that uses simple pen strokes to create complex patterns. You can get lost in the flow of the pen strokes, add shading and ta-da - You have a lovely piece of art! This is all about the process and you cannot make mistakes. Promise!	Zentangle with Cat in Dining Hall
OR Downtime/ Sauna	You are welcome to enjoy a campfire, explore, sauna, grab a beverage of your choice & stay in the Dining Hall, staff lounge, or outside to read, journal, talk with friends, or play games. Also feel free to get a good night's sleep or find another cozy spot to spend time with friends.	Campfire Sauna located at Little Boy Lake Waterfront
10:00pm Quiet Hours	Please respect the quiet and privacy of those needing a good night's sleep! Feel free to continue to gather with friends (mindful of your noise level). See you bright and early!	Anywhere

Saturday 9/16/23

7:00am-9:30am Paddle + Hike in The Shurds with Bryana	Aesthetic Mindset Small Group Paddle + Hike the Shurds with Bryana. Concepts from our book applied in real-life! Engage in curiosity, open-ended exploration, keen sensory awareness, and beholding nature's art. Bring journal! This is a sign-up wksp -space-limited.	Meet at Athletic Field to carpool to the Shurds
7:00 - 8:00 am Morning Meditation Stroll with Stacy and Daphne	Greet the northwoods for some fall forest bathing. Silent morning meditation stroll about a half mile away (down near the lakeside sauna). Bring journal (or sketch pad, watercolors, etc if that suits you!) Sunrise 6:56 am	Meet outside Dining Hall
8:00 - 9:00 am Your Brain on Art Yoga with Amanda	Greet the morning in the best way possible: breathwork, intention-setting, journaling, and creative movement with yoga.	Outside or in Dining Hall
9:00 - 10:00 am Inner Goddess Creative Writing, Breathwork, and Yoga with Daphne OR CREATION FREETIME	Inner Goddess Creative Writing Journey: Put pen to paper and let the words flow as Daphne leads you through a series of writing prompts with guided imagery, breathwork, and movement to write the story of your inner goddess. Writing without judgment or restraint, we will tap into our creativity and improve our mental health through the written word. Bring your journal, pen, and yoga mat. Feel free to use our acrylic paints and paintbrushes to make your own creation. Of course you may bring your own paints and supplies as well. Continue after brunch or anytime throughout the weekend!	Dining Hall - might move outside! Dining Hall
10:00 am Brunch	Brunch prepared by Green Scene Market & Eatery.	Dining Hall
10:30-11:00 am Retail Available	Designated time to purchase custom Boreal Bliss swag! Purchase via cash, venmo, check, or credit card.	Dining Hall
11:00am - 1:30pm Hike + Paddle in	Aesthetic Mindset Small Group Hike + Paddle the Shurds with Bryana. Concepts from our book applied in real-life! Engage in curiosity, open-ended exploration, keen sensory	Meet at Athletic Field to carpool to the Shurds

The Shurds with Bryana	awareness, and beholding nature's art. Bring journal! This is a sign-up wksp -space-limited.	
11:00 am - 12:00 pm Book Club with Amanda, Cat & Daphne	Small group discussion on our retreat book club read: <i>Your Brain on Art</i> by Ivy Ross and Susan Magsamen. Bring your journal. You are welcome to continue with your painting during the book club discussion.	Dining Hall or outside!
or Freetime	Opt for free-time to hike, relax, read, sauna, and enjoy the grounds in any way you'd like.	*Sauna is located at end of the waterfront drive down on Little Boy Lake
12:00 - 1:00pm Freetime	Opt for free-time to hike, relax, read, sauna, and enjoy the grounds in any way you'd like.	*Sauna is located at the end of the waterfront drive down on Little Boy Lake
1:00 - 2:30 pm Outdoor Adventure Options	<p>1:00 Freetime for Kayaking, Paddleboarding, Sauna at the Main Camp Waterfront with Daphne & Stacy</p> <p>Self-guided paddle, although Daphne & Stacy can direct you at 1:00pm on where to get life jackets, paddles, etc. Please stick close to shore due to the potential for cold water temperatures, wear your life jacket, and stay with a buddy (no paddling alone!)</p> <hr/> <p>1:00 - 2:30 Intro to Embroidery with Cat</p> <p>Learn and/or refresh yourself about embroidery! This gorgeous practice of embellishing fabric has been with humans for centuries. All you need are some basic tools, some inspiration and a guide to help you on your journey. You will learn how: to create a pattern, to use fabric markers, several stitches and ideas for finishing your pieces.</p> <hr/> <p>1:00 - 2:30 Opt for free-time to hike, relax, read, sauna, and enjoy the grounds in any way you'd like.</p>	Walk down to the waterfront on Little Boy Lake
or Intro to Embroidery with Cat		Dining Hall
or Free Time		*Sauna at end of the waterfront drive on Little Boy Lake

2:30-3:30pm Gentle Yoga with Stacy	Join Stacy in a gentle creative movement yoga class. We will hold poses and let our body decide where it will take us!	Dining Hall or Outside
3:30 - 4:00 pm Break	Break time	
4:00 - 5:30 pm Aesthetic Mindset Yoga Flow with Amanda, close with sound bowls	Lean into the changing of the season. Tap into an aesthetic mindset Yoga flow with Amanda. Relax with sound bowls for the last 20 minutes of class. Bring a blanket, pillow, layers etc. so you can fully relax.	Dining Hall
Group Photo	We will pop outside right before class to get a group photo with our photographer.	Outside Dining Hall
5:30 - 6:30pm Break or Creation Freetime	Creation Freetime can continue! Feel free to use our acrylic paints and paintbrushes to make your own creation. Of course you may bring your own paints and supplies as well.	Dining Hall
6:30pm Dinner	Buffet Style delicious dinner by Green Scene Eatery & Market.	Dining Hall
7:30-8:15pm Art Walk	Set out art you created over the weekend, or bring your work from home if you have something you'd love to show off. We can set them out and walk around and <i>ooh and ahhh</i> at one another's work. Art appreciation has enormous health benefits! This is totally optional, just a time to recognize and witness one another with admiration! **Bonus: if you feel like it, wear an outfit that expresses your individual style and creativity. The way we dress can be an opportunity for artistic expression!	Dining Hall
8:30 pm Campfire, Downtime or Sauna	Gather around the campfire! The sauna will be ready for you after dinner if you'd like!	Campfire & Sauna down at Little Boy Lake waterfront
10:00 pm Quiet Hours	Please respect the quiet and privacy of those needing a good night's sleep. See you in the morning!	Back to rooms to sleep or find a place to visit quietly

Sunday 9/17/23

7:00 - 8:00am Run! with Amanda	<p>Join Amanda for a gentle 3 mile jog. Enjoy a quiet gravel road through peaceful pines and along scenic Little Boy Lake to view the sunrise.</p> <p>Go at your own pace or stick with Amanda. Option to turn around and make it shorter than 3 miles.</p>	Meet at Dining Hall front entrance
7:00 - 8:00am Mixed-Media Art Mindfulness Session with Cat and Bryana	<p>After an inspiring weekend getting your soul filled, meet for a final art practice to seal in your experiences. Suggested materials: fabric, paper or canvas base to work on (can be a journal or sketchbook), materials or items collected over the weekend (leaves, paper bits, words, inspiration, writing snippets, magazine or book with pics you want to cut out and use), markers, pencil, watercolors, glue/glue stick/decoupage.</p>	Dining Hall
8:00 - 9:00am Morning Yoga Flow with Amanda & Bryana	<p>Bringing it full circle: allow the weekend of creativity and art to resonate. Begin with softness and stillness, ease into movement... see where it all ends up for you.</p> <p>*bring journal, towel for under yoga mat, blanket + layers for savasana and journal</p>	Outside in Athletic Field or Back-Up in Dining Hall
9:00 - 10:00am Closing Circle with Boreal Bliss	<p>Join us with your journal, blanket, comfortable pillow or mat to sit on. A traditional BB way to end our time together as a group.</p>	After Yoga Class
10:00am Breakfast	<p>Packaged, delicious, and ready to go prepared by Green Scene Eatery & Market.</p>	Dining Hall
11:00am Pack up Rooms	<p>Feel free to hike around Camp Olson before departure. Pack up and head home.</p>	Thank you so much for joining us!