

Nurturing Creativity of the Soul Retreat

Schedule March 8-10 at Stillwood Retreat Centre, Cultus Lake BC

Friday March 8

4pm Arrive and check into dorms, explore the retreat centre, teatime in the Maple Room

5:30 Dinner – *mealtime is fixed please be prompt* – Dining Hall

7:00 Gathering into Creativity – Welcome and Introductions - Maple Room

7:30 Myths, Mysteries and Misunderstandings – Maple Room

What is Creativity? Exploring the relationship between creativity and soul.

9:00 Visiting, Games and Crafts in the Maple Room, or early to bed

11pm – 7am is *Quiet Time* on the grounds.

Saturday March 9

7:30 Morning Walk – meet Debra outside the dorms

8:00 Breakfast – *mealtime is fixed please be prompt*

9:00 CHILDHOOD CREATIVITY: Busting Loose and/or Colouring outside of the Lines-Maple Room

9:30 Continue Childhood Creativity or choose your own activity

10:30 WHAT COLOUR IS YOUR SOUL? – Maple Room

11:00 Continue with What Colour is your Soul? or choose your own activity

11:45 Break

12:00 Lunch - *mealtime is fixed please be prompt*

1:30 MAKING ROOM FOR OUR CREATIVE SOULS W – Maple Room

2:00 Continue with Making Room or choose your own activity – Maple Room

3:00 Group Walk, Teatime or Free time

4:00 CREATIVITY AND MONEY: How can we be creative with our resources - Maple Room

4:30 Continue with Creativity and Money or choose your own activity

5:30 Dinner - *mealtime is fixed please be prompt*

7:00 INSPIRED BY MUSIC - One Note Soulo Celebration – Maple Room

9:00 Dark Walk or Visiting, Games, and Crafts in the Maple Room, or early to bed

11pm – 7am is *Quiet Time* on the grounds.

Sunday March 10

7:30 Morning Walk – meet Debra outside the dorms

8:00 Breakfast - *mealtime is fixed please be prompt*

9:00 Pack up Dorms must be out by 10am

10:00 HONOURING OUR PERSONAL LINEAGE OF CREATIVITY:

Mentors, ancestors, culture, teachers - Maple Room

11:00 Creativity and the Sacred: Closing Celebration

12:00 Lunch

1:00 Pack up Maple Room

2:00 Goodbye and Safe Journey

***schedule is subject to change**