



The Creative Joy Retreat

Hi there, beautiful you!

We love that you are thinking of joining us for the Creative Joy retreat.

We want to tell you a bit more about what you can expect from the retreat, even though much of the magic of a retreat like this can't be explained – it's in the moments we can't plan and the connections we can't predict. But we do so much to help them happen – a whole lot of them.

We create opportunities galore for you to get what you need.

First it might help to know a Little Bit about the Garrison Institute.

The Garrison Institute is located in Garrison, New York, in a former Capuchin monastery overlooking the Hudson River. Doesn't that sound lovely? It is situated on a gorgeous 95-acre property. The tranquil, park-like setting, the gardens, the gazebo on a bluff by the river, and the many walking paths together create a natural setting for soul ease and shoulders lowering and general ahhhh.

One of the Garrison Institute's main goals is to create a hospitable environment for guests – which will hopefully include you! It is a place of refuge where you can withdraw from the business of your life, soften, and reconnect with yourself.

Accommodations are simple and quiet with space to breathe, rest and meditate. You book those accommodations yourself so you can get a single room if you wish.

The Garrison Institute property is connected to the Hudson River trail system and the Appalachian Trail. So yes, you can walk in nature easily without getting in your car, or needing a car. Cool beans!

But What Will We Do Exactly?

You'll be writing, and doing writing workshops with Jen, who'll cover topics like:

- How to get into flow with your writing so you can experience joy
- How to turn the Inner Critic from a heckler to a helpmate who's got your back
- How to take a rough draft or journal entry and mold into a deeper richer piece of writing
- How to handle too many or not enough ideas
- How to use what naturally brings you joy to juice your writing



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You'll be taking photographs with Susannah, who'll cover topics like:

- How to use our cameras to explore the present moment
- How to use photography to convey your emotions
- How to take a beautifully soulful self-portrait (in a non-scary way, I promise!)
- Composition secrets for more powerful shots
- The magic of photographic story-telling

And you'll be doing yoga and meditation with Marianne, who will cover topics like:

- Meeting your body where it is (the yoga of befriending the body you have right now)
- The amazing (miraculous even) power of your breath to utterly change your state of being.
- Meditation techniques for people who can't sit still.
- Practices to cultivate joy – having FUN doing yoga (yes, it is possible)
- Practices to cultivate creativity – getting your flow on.
- Practices to rest, restore and utterly refresh body, mind and spirit (including ones you can do without getting up)

Sample Schedule

We haven't created the exact schedule yet but here is the basic flow we are envisioning:

Morning Yoga + Meditation

Breakfast

Writing or Photography

Lunch

Photography or Writing (which ever one you didn't do)

Integration Break (silent time with guidance)

Group Play (optional small group activities including walks, creative play, and more yoga options including beginners sessions, creative flow yoga, laughter yoga, and more)

Dinner

Evening Playtime (where we share and create together as a group)

Relaxation and Meditation

We want to be sure to give you lots of time together for learning and creating and time to be alone, held by the group to come home to yourself. We promise a great balance of fun and going deep, all in the service of your deepest well-being.



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What will you actually get out of this retreat?

- You'll experience creative flow, one of the most deeply nourishing ways to recharge
- You'll take photographs – even if you've never taken any before.
- You'll do yoga and meditate (and if you find that hard to believe, you haven't met Marianne, whose life mission is to make yoga and mediation accessible to everyone, even you. Yes, even you.)
- You will develop a new relationship to writing – one that is lighter, easier, and yes, more productive should you wish.
- You'll get to feel joy and life and fun again—yes, that good stuff. Really and truly.
- You'll feel less alone.
- You'll get to rest. To recharge and gather strength.
- You'll experience deep connection without having to do anything or take care of anybody else.
- You'll get perspective on your projects and your life, and a clearer picture of where you want to go next.
- You'll get a rush of creative energy and the comfort of feeling less alone.
- You'll get a serious dose of surprising, wonderful courage.
- Oh, and you'll get the pleasure of knowing that you won't have to cook, clean, or take care of anybody else (that one is good enough to state twice)!

Until then, may you find joy in the beauty of your every ordinary day (and in every inch of your wonderful, ordinary self).

Lots of joyful love to you,

Marianne, Susannah and Jennifer