



BETWEEN THE HOLIDAYS: EXPRESSIVE
ARTS THERAPEUTIC WEEKEND INTENSIVE
 EXPRESSIVE ARTS MODULE E
 DECEMBER 11-13, 2020

RETREAT AGENDA

	8:00am-8:30am	9:00am-10:00am	10:00am-10:30am	10:30am-12:00pm	12:00pm-1:00pm	1:30pm-3:30pm	3:00pm-4:00pm	4:30pm-5:30pm	5:30pm-6:30pm	7:00pm-7:30pm	7:30pm-8:00pm	8:00pm-9:30pm
Friday Dec. 11, 2020	Pre-Retreat Workshop Registration				Lunch			Retreat Officially Begins: Arrive Any Time After 4:30pm	Dinner		Welcome & Ice Breaker	Opening Process with Dr. Jamie Marich
		Pre-Retreat Workshop: Trauma and the Twelve Steps: Clinical Keys for Enhancing Recovery Services Presented by Dr. Jamie Marich 8:30am-4:00pm										
Saturday Dec. 12, 2020	Breakfast	Morning Movement Medley: Yoga Unchained & Dancing Mindfulness with Dr. Jamie Marich	Break/Open Space for Personal Practice	Morning Expressive Arts Process	Lunch				Dinner		Evening Drum & Dance Jam with Spiral Rhythms Ensemble	
						Healing Arts Services (Extra Fees Apply)						
						Afternoon Expressive Arts Process	Break/Open Space for Personal Practice					
Sunday Dec. 13, 2020	Breakfast	Morning Silent Meditation & Movement Medley with Dr. Jamie Marich	Break/Open Space for Personal Practice	Closing Expressive Arts Process: Share Your Practice	Lunch	Departure						