

## Program Option for New Skill Retreat

*Is there something you've been wanting to learn or develop? ... but it's hard to do within your normal routine? A retreat is a great way to get started.*

### **Needs to be written. Basic idea:**

#### **Prepare**

- This can be done beforehand, or at the beginning of the retreat. Collect a variety of materials related to the subject: books, magazines, a list of people, youtube channels, websites, pinterest board. Collect any materials.

#### **Do**

- Clear a large work area. Make sure there's nothing distracting. Make your body comfortable. Perhaps put on music. Now, start easing into this new thing. Follow DIY videos, or just try on your own. Tell yourself, in the beginning it's practice. In fact, often the first attempts at anything will be janky. Perhaps, say: I'll do this 10 times (and throw it away) before I judge myself.

#### **Reflect**

- Lay out all of your work – make some observations. What do you like? What do you not like? Are there any patterns?
- Now, think about process - What worked? What was fun? Easy? What was difficult? Where could I use help?
- How do you feel? In your body and emotions about this work today's?

#### **Keep Going**

- What do I need to try this again? Materials? Help? Instruction?
- Put your next "studio" time on your calendar for continuing this pursuit.