



SIA So Cal 2019 Retreat Schedule

1:00-7:00pm

Ongoing Registration

TEXT _____ *if you arrive after 7pm*

DID Art therapy & sharing - John+

2:30-4:00pm

In this activity, a half hour will take place where you and your inner selves may draw/meditate/color or write about any and all issues that you'd like. In the final hour, participants will have 10 minutes to share what's come up during their creative explorations.

4:00-5:30pm

Labyrinth #1 - with Kit (outside-see map!)

Labyrinths have been used in Native American practices for 5,000 years. Walking the Labyrinth can symbolize the journey to connect with the deepest part of one's self and encourage clarity, healing and peacefulness. Walking the Labyrinth path can be a tool to guide us deep into our psychological, spiritual center and then back again into the physical world making a mind, body, and spirit connection. We will begin with a guided invitation to go inward and then we will begin our silent walking meditation.

5:30-7:00pm

Dinner (on your own)

7:00-9:30pm

Opening Circle - Open Share followed by New Comers Q&A - Mona

Opening circle will transition into casual discussion focused on newcomer questions and concerns. Those who've attended previous retreats are encouraged to stick around.

10:45pm-

Inner Child Bedtime Story Fun! - John+

John+ & his kids invite you to bring a pillow, dress in jammies if you'd like and bring a cuddle for a wonderful bedtime story. John+ will be bringing to life Dr. Seuss' Horton Hears a Who for 25 minutes of listening pleasure for you and your inner kid(s). Come delight with Us in a story that resonates with survivors everywhere, and has a heart-warming happy ending!

SATURDAY

BREAKFAST & ANNOUNCEMENTS

8:00-9:00am

9:00-

10:30am

Improv - Rosa (upstairs)

What happens when we say "yes" to what is? How can play and improvisation with physical movement, language, and music promote new, healing experiences? Many survivors develop parts or patterns that protect us from being vulnerable by attempting to control our thoughts, words, actions, and how others perceive us. Improv can be a refreshing way to practice being in the moment and experience younger, playful parts in a safe environment. By saying "yes" to what is - accepting reality - and being curious about, rather than fearing the future, we can practice self-acceptance and experience a lot of healing...and fun! No previous improv or musical experience required to participate.

Parts Work - Olivia (downstairs)

Do you ever feel like a part of you wants push forward and carry on while another part just wants to pull the cover over your head and stay in bed? Do you struggle with different parts of yourself having different styles, preferences, or even strong opinions about the same issue? When we experience trauma these different parts of self develop strategies to help us survive and protect us from feeling the trauma. As adults, we can learn to improve relationships with these parts and allow them a safe space to express themselves without judgment. We will do exercises to allow parts to express themselves and have time to process and share feelings that come up.

Labyrinth #2 - with Kit

(outside - see map - BEGINS at 9:00 am sharp!!)

Labyrinths have been used in Native American practices for 5,000 years. Walking the Labyrinth can symbolize the journey to connect with the deepest part of one's self and encourage clarity, healing and peacefulness. Walking the Labyrinth path can be a tool to guide us deep into our psychological, spiritual center and then back again into the physical world making a mind, body, and spirit connection. We will begin with a guided invitation to go inward and then we will begin our *silent* walking meditation.

SATURDAY cont'd

10:30-10:45

break

10:45am-12:15 pm

Anger/Emotions Release #1 - Mona (upstairs)

All emotions are welcome during this open share SIA meeting. Safety guidelines are clarified at the beginning of the meeting, along with a stretching out period. A punching bag, tennis racket, and baseball bat are available for letting out strong feelings. A cool down period follows. This is a chance to express strong emotions physi-cally while being witnessed and supported by others survivors who understand and can offer support. *Sharing is optional. Feel free to just come and experience.*

Fun Games - Melanie (outside)

Variations on group oriented circle games.

An energetic, fun focused set of activities designed to get the blood pumping and encourage safe play and connection. Familiar childhood games have been modified to be cooperative and evoke laughter and relaxation. It's all about joining in.

12:15 -12:30pm

break

12:30-1:30pm

LUNCH & ANNOUNCEMENTS

1:30-1:45pm

break

1:45-3:15pm

SIA Dollars -Chris (upstairs)

Many survivors experience a sense of being burdened with demeaning and confidence squashing messages from within and without that can leave us feeling like our emotional reserves are tapped out. Time to reach for some "emotional currency" to get thru the situation. Participants will be invited to share a difficult scenario that they are dealing with, and together we will write truthful affirming messages that folks can take home them. As you write affirmations for others you will improve your ability to thank, normalize, and validate you and your inner kids.

Stepping into intimacy, love and vulnerability - Yosef (downstairs)

What is intimacy? What is vulnerability? Together we will process and share our struggles with intimacy. Come join us as we speak our truth and heal wounds that get in the way of having authentic and meaningful relationships.

3:15-3:30pm

break

3:30-5:00pm

Anger/Emotions Release #2 - Kit (upstairs)

All emotions are welcome during this open share SIA meeting. Safety guidelines are clarified at the beginning of the meeting, along with a stretching out period. A punching bag, tennis racket, and baseball bat are available for letting out strong feelings. A cool down period follows. This is a chance to express strong emotions physi-cally while being witnessed and supported by others survivors who understand and can offer support. *Sharing is optional. Feel free to just come and experience.*

PTSD w Mona (downstairs)

PTSD, it's impact on physical health, a medical perspective:

We will discuss how chronic stress in childhood presents and impacts the way we develop.

We will end our discussion about the benefits of being resilient in adverse outcomes, which each and everyone of us is!

SATURDAY EVENING

5:00-6:00pm

DINNER & ANNOUNCEMENTS

6:00-6:30pm

Remembering Dawn - Kit

6:30-8:00pm

Bonfire & Shamebusters

8:00-10:00pm

Nontalent Talent Show, then Karoke

SUNDAY

BREAKFAST & ANNOUNCEMENTS

8:00-9:00 am

9:00-10:30 am

Body Image - Colleen (upstairs)

12 Guidelines for Safe Body Connection (inspired by 12 Guidelines for Safe Sharing) to reframe how we view and relate to our bodies. Move from disconnection, disassociation, and fear into willingness to connect, being present and cultivating curiosity about our body.

Getting Embodied - Melanie (downstairs)

Grounding, Breathing and Reintegration: As survivors we often run on empty. We push ourselves to function in a world that can often seem very unsafe and rarely supports being grounded and peaceful.

The workshop focus will be on gentle somatic / body based exercises that invite you settle into your body and soothe your nervous system.

These simple body awareness activities can help to reduce stress and anxiety and lay the foundation for developing a felt sense of safety and security in the body. Slow down, tune into yourself, breathe and relax.

10:30-10:45am

break

10:45am-12:00pm

Closing Circle

12:15-12:30 pm

break

12:30-1:30pm

LUNCH & RAFFLE!!!

1:45-3:15pm

start clean up

1:45-2:30pm

Meeting for those interested in being part of the 2020 retreat planning committee

2:30

depart for Sound Bath

3:30-5:00pm

finish clean up - out by 5