

Renewal & Embodiment Staff Retreat

*Reconnect and remember your personal guiding principles and purpose
~A one-day experiential retreat using NeuroImaginal® Practice~*

Why?

We believe that all professional development begins with personal development and self-care. This guiding principle is born from our own life experience as teachers, leaders, administrators, therapists and physicians struggling to find work-life balance, manage stress related health issues and come back from burnout. We know that direct experience, which engages many ways of learning, is the best teacher and offers a deep well of renewal and reconnection to personal passion and purpose.

How?

We utilize NeuroImaginal® Practice, which is evidence-based, weaving brain research with movement, dance, art making and guided visualization in a safe, non-judgmental way. Participants need not have any prior experience, just a willingness to step out of their box a bit, take a supported risk and remember the joy of moving their body, making their art and engaging their imagination.

The movement maps we draw on in the morning offer therapeutic stepping-stones into a musical and movement wave of release and renewal, inviting and supporting participants to:

- Get grounded in their feet and let those feet move them through space, find nourishment in their movements, reconnect with and enjoy their fluid moving body
- Pulse with the beat of the music, feel the support and playful connection with their friends and colleagues as movement revives the hips and spine, shoulders, elbows and knees
- Practice letting go of the head, release the chatter of the mind and surrender to the knowing of the body; be moved, surf the moment, free mind, body and spirit
- Open to the renewal that comes with freeing and expanding, play with dancing hands, find connections and fellowship through movement and enjoy the essence of your dancing friends and colleagues
- Rest into gentle, breath filled spaces in your body and movements, settle into being present, enjoy being in this body, right here, right now

Imagery, imagination and the brain

The powerful and fun combination of brain based shifting techniques coupled with art making and imagining into deeper renewal and self-care will fill the afternoon. Participants will experience engaging the *whole-brain* for releasing any self-limiting beliefs related to renewal and self-care and replace or 'upgrade' beliefs to celebrate self-love, kindness and a happy working life. Guided visualization supports participants

to journey into their own personal imagery, further bringing to life the work of the day. Art making will capture all that has arisen in body, mind, spirit and imagination, allowing participants to have a personal image to take home and remind them of their day. Their enlivened day is imbued into their art and they will remember many details and feelings each time they view their art.

Group process will anchor the day with several sharing circles to name participant's awarenesses, observations and discoveries, teaching to the gap in conceptual understanding will fill out the picture. This process is important for gathering, validating, further anchoring and embodying. It also provides a personal and time sensitive way to bring meaningful closure to a day of renewal and embodiment for personal and professional enrichment.

What?

The proposed structure for the day is:

2 hours in the morning for welcome, opening the day and movement process

1.5 – 2 hours for reflection and lunch break

2.5 hours in the afternoon for imagination, the whole-brain, art making and closure

Learning objectives:

1. Participants will be able to identify at least 3 resources in or benefits of moving their body related to renewal and/or embodiment.
2. Participants will experience art process and imagery as tools for expression and grounding of somatic learning process. They will be able to identify at least two benefits of imagery work.
3. Participants will be able to identify at least one resource or benefit in engaging their imagination.
4. Participants will experience a whole-brain state and be able to identify at least one personal shift related to renewal and/or embodiment.
5. Participants will be able to link their learning to at least one simple shift in how they come to their work as teachers, administrators or staff.

Evaluation of these learning objectives will be given at the end of the day. Evaluation of facilitator, content and instruction will be given as well.

About Shannon Simonelli Ph.D., ATR



Shannon is an Art and Movement Therapist and educator, and a co-founder of the NeuroImaginal Institute. She has over 20 years experience in Integrative Psychology as a clinician and teacher. She is the originator of the *NeuroImaginal® Embodiment Practice* certification program and offers *RemedyWave* movement, art and imagination workshops and classes. She excels at embodiment practices, integrative program design and is a passionate educator, trainer and facilitator. She

has written numerous publications and presented at many professional conferences.

To learn more please go to: <http://neuroimaginalinstitute.com>