



CARRYING THE LANTERN OF HOPE IN THE DARKNESS

Working With Expressive Arts To Awaken Our Inner Sovereignty

As we collectively face the unknown, it's important to find a place within ourselves of stillness and peace. When we are able to slow down and connect with our inner wisdom and creative nature, we are better able to meet the many challenges that we face today. Working with our creativity helps us transcend limitation and address our inner conflicts, allowing us to move forward with new vitality and understanding.

Our six-day expressive arts retreat offers potent reflective art and imaginal practices that deepen the capacity to listen, receive inner guidance and then step into a more embodied resonance with ourselves. Our work engages with images, metaphors and myths, so we begin our retreat by writing our life stories in the form of a myth or fairy tale. This process allows us to view our own history from a novel perspective, opening space for new understandings to emerge. Through engaging our visual and kinesthetic senses, we create tissue paper collages, allowing the symbolic language of the unconscious to express itself. The other components of our retreat—expressive movement, journaling, meditation and building community—further opens doorways to self-knowledge and a deepened sense of belonging.

By the end of our retreat, our hope is that you will have become more permeable to beauty and return home with renewed inspiration and a stronger relationship to your own inner wisdom, creativity and sovereignty.

This experiential retreat provides counselors and mental health professionals an opportunity to learn how to integrate creative arts, somatic awareness and mindfulness practice into their work.

WHEN: Saturday, October 24 – Thursday, October 29, 2026

WHERE: Cornerstone, Sebastopol, California

COST: Cornerstone: Room, board, all meals and art supplies: \$2,400
Off property stay: \$2,025 all meals and art supplies

Contact Hours: 34 LPC Contact Hours are approved by the WVBE.

CONTACT:

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