



FLOW & GROW

Join us this May as we grow into spring with our women's retreat *Flow & Grow: Creative Respite*.

There is no expectation of perfection; we merely seek Sabbath and connection.

Our philosophy is that art & yoga allow us to connect to God and one another through the movement of the Holy Spirit. Over the course of the weekend each woman will discover her innate sense of creativity and discern the movement of the Spirit in her life.



Yoga Instructor - Savannah Strever

Savannah Strever (RYT-200) is an Indianapolis-based yoga instructor interested in helping people explore the intersection of faith and mindfulness. She specializes in Restorative Yoga and Vinyasa Flow and currently teaches at the Irvington Wellness Center.

Learn more about Savannah here: <http://savanahstrever.com/>.

Yoga Practices

New to yoga? Participants of all levels are welcome. Both Restorative Yoga and Vinyasa Flow are calming yoga practices meant to engage your body and mind. Savannah is skilled in demonstrating alternative poses for varying levels of strength and flexibility.

Please bring your own yoga mat with you, as well as any other sabbath materials you may need (journal, books, etc.).

**If you have any concerns regarding your level of physical activity please consult your physician and notify Pyoca staff via your registration form.*



Art Instructor – Nancy Peterson

Nancy Peterson is a Carmel-based artist currently teaching at the Indianapolis Art Center. Nancy studied art with a major in ceramics at the University of Tennessee Knoxville. She has taught at the Midland Center for the Arts in Midland Michigan and all over the Indianapolis area, including twelve years with the Carmel Parks Department. She is also a longtime member of the Pyoca community, having volunteered for over twenty years as the head of arts and crafts for Camp

Friendly, a ministry of Orchard Park Presbyterian Church in Carmel, IN. You'll even find a few of her pieces around camp!

Art Practices

New to art? Participants of all levels are welcome. Art practices will include: mandalas, collage, developing prayer journals, bead work, prayer bracelets, and more. Participants are encouraged to work on projects that speak to them and their current spiritual journey. Every participant will have the opportunity to work on a communal project that will later be displayed at Pyoca.

Registration

Registration fees are per person, covering meals, lodging, and all program activities for the weekend. Fees vary upon lodging:

- **Dorm** - \$150, 3-4 per room
- **Double** - \$200, 2 per room
- **Single** - \$250, limited space available

**Minors will need to fill out additional medical/consent and parental/guardian agreement forms that will be held confidentially on file.*

Lodging

All lodging is retreat-style, with bunk beds in each room. There are 3-4 beds per room, with an attached bathroom.

Linens are not provided by Pyoca, so be sure to bring your own with you. Please indicate any roommate requests you may have as you fill out your online registration.

Meals

At Pyoca we strive to provide our guests with healthy, balanced meals each day. Our kitchen staff works hard to accommodate most dietary restrictions and allergies. If you have any questions regarding your personal dietary needs, email

program@pyoca.org and indicate any food restrictions/allergies as you register.

Below you will find what a typical meal at Pyoca will include:

- **Breakfast:** Eggs, sausage or bacon, biscuits (or our famous cinnamon rolls), cereal bar, fruit, and yogurt.
- **Lunch:** Soup & sandwiches, full salad bar.
- **Dinner:** Entrée, vegetable, starch, and full salad bar.

SATURDAY AFTERNOON WORKSHOPS

Yoga for Beginners is a workshop designed by yoga instructor Savanah Strever to introduce 8-10 of the most basic yoga poses to participants. The workshop will focus on proper form and technique, learning alternative poses for varying levels of flexibility, and learning to implement stretching and mindfulness into everyday life.

Ceramic Painting & Paper Marbling with Nancy Peterson will allow participants to get a little messy with paint. Choose your own bisque fired design (cross, dove, etc.) and getting painting! Learn the art of paper marbling, where even your mistakes turn into beautiful works of art.

Therapeutic Yoga with Savanah Strever will teach gentle yoga postures that address common health issues so that we can live healthier, fuller lives. Participants will learn four 10-minute sequences designed to combat upper back pain, lower back pain, sciatica, and insomnia.

Beadwork with Nancy Peterson will focus on jewelry making with glass beads. Learn how to make your very own beaded prayer bracelet.

SCHEDULE

FRIDAY, MAY 3RD

- 7:00 – 7:45 Check-in
- 7:45 Welcome/Introductions
- 8:00 *Art as Spiritual Practice I* – Nancy Peterson
- 9:00 *Restorative Yoga* – Savanah Strever

SATURDAY, MAY 4TH

- 7:30 Coffee Available
- 8:30 Breakfast
- 9:30 *Vinyasa Flow* – Savanah Strever
- 10:30 *Art as Spiritual Practice II* – Nancy Peterson
- 12:00 Lunch
- 1:00 – 3:15 *Afternoon Sessions*
- 3:30 Self-Care Time
- 6:00 Dinner
- 6:30 *Art as Spiritual Practice III*
- 8:30 *Yoga & Meditation*
- 9:00 *Campfire. S'mores & Taize*

SUNDAY, MAY 5TH

- 7:30 Coffee Available
- 8:30 Breakfast
- 9:30 *Nature Mandalas* – Nancy & Savanah
- 10:00 *Centering Yoga*
- 11:00 Depart