

ART & NATURE RETREAT: IOS & PAROS, The CYCLADES

Facilitated by your host: Eirene Archolekas

Connect, Create, Rejuvenate!

Day 1: Opening the Circle

Intention: Centering and Grounding self into the landscape



- welcoming activity
- open buffet lunch, snacks, drinks and oer d'oeuvres
- settling in, get your bearings on the island
- expectations, plans, and schedule overview
- Confidentiality agreement
- survey of interests/needs/wishes
- Ground Rules for the Retreat
- mapping your course

Mystery Cult Oath

Possible Tour of Chora, main town

Visual Art: Sunset Walk and Photo capture to Paleokastro, Byzantine fortress
Farewell to the sun and Closing the Circle ceremony

Dinner on your own

(Night Activity: Gazing at the Milky Way: Story Telling Contest
Constellation Stories at Midnight: Make a myth that will be immortalized in the skies.

DAY 2: Finding Self: Grounding Self in Group

Intention: making connections, deeper in self and others



- open circle ceremony
- introduce yourself by taking on an alter ego
- assorted drama techniques to solidify the group
- music/movement: What You Can't See
- Dyads/Triads-Get Connected

-Breakfast

- Nature Walking Meditation/Sketching; Foraging beauty
- Visual Art Process: Sagoma Visual Art project: The parts of me I do not see, I have buried deep.
- journaling and witnessing

Lunch

Poetry Project: Where I'm From using imagery
Close the circle ceremony

Rest break for hydrotherapy/hypnotherapy/heliotherapy
Dinner on your own

DAY 3: Connecting with your Goddess Power

Intention: using archetypes to explore self



-Open circle ceremony

-morning stretch: Arise to Phoebus

-poetry/song to greet EOS/DAWN

-morning prayer in the chapel

-Breakfast

-Nature Walk forage for natural objects, walking on Gia's body

-Create a nature sculpture from foraged material

-Journaling: The message of the nature sculpture

-witness/sharing

-Goddess Power: Goddess Tarot Cards

Exploring the Pantheon of Gods/Goddesses

Connect to your goddess: monologue dramatic enactment

-Visual process: photo enactments in costume

Sharing and witnessing

Goddess Tableaux

Close the circle ceremony

Rest break for hydrotherapy/hypnotherapy/heliotherapy

Dinner on your own

DAY 4: Descending with the Goddess

Dedicated to the Heroine's Journey and the Elysian Mysteries

Intention: Facing the Darkness/Meeting One's Shadow



Opening the Circle Ceremony

Nature Walk/Morning Prayer for intention and meditation
Bracing for the Dark

Breakfast

Documentary: The Elysian Mysteries
Journaling: What is your darkness?

Pomegranate blood painting: what is your fatal fruit? Your fatal flaw?
Visual Process: The Black Box: fill the reliquary of your darkness
Lifeline Wisdom Ariadne's Thread from the box

Catharsis Ritual: Burn the Witch
Sound emanation
Movement: What emerges from the fire

-Sharing the Kykeon dramatic reading of visual meditation of the Ascent of the Goddess
Journal/Sketch: Finding your light. Resurrection

LUNCH

Community Culminating Process: synthesize a bio poem that marks your own heroine's journey.
Enactment using the community, dramatic reading with movement and music
Close the Circle

Rest break for hydrotherapy/hypnotherapy/heliotherapy
Dinner on your own

DAY 5: My Muse, Myself/ Crafting with Athena

Intention: Exploring different arts and crafts, some ancient some modern
Intention: finding inspiration to create



Διόνυσος
dy-oh-NY-suhs

Open the Circle Ceremony
Morning prayer in the chapel
Nature Walk for intention and meditation
Sketching the landscape

Breakfast

- Cyanotype making with embellishments
- Goddess Bath bomb making /goat milk soap demo
- Encaustic demonstration and lecture on history of encaustic
- exploring encaustic with embedded elements, paper, and photo encaustic

Lunch

The Benefits of the Mediterranean Diet
Lectures on Greek culture, history, poetry as requested
Possible herbal tea infusion lesson
Visit to a family owned cheese factory

Rest break for hydrotherapy/hypnotherapy/heliotherapy

UNDER SELENE, the FULL MOON Night Performance (I try to organize this experience with the light of the full moon) (dinner must be ordered before hand)

Culminating Process: Performance Inspired by the Muses

-movement enactment poetry song and story telling creations inspired by the 9 Muses

Each participants puts on a performance under the aegis of the Muse(s) that synthesizes the creative products she has created.

-witnessing and sharing

-Muse tableaux



DAY 6: Mistress of Two Worlds: Finding Balance

Bringing back the boon



Opening the Circle: Witness the Sunrise
Sunrise Swim in the bay including 5 movements dance in the waves of Agia Theodoti
Rock sculptures for balance on the beach
Movement stick dance.
Sharing and witnessing.

BREAKFAST

Nature Walk: Intention What do you want to bring with you from your experience here?
Journaling: What have you learned about yourself and inner self from this week? From each other?

Synthesis: Visual Container: Create an Altar to your inner goddess with the products of your creation on this retreat

Journaling: What is the message that the Goddess is giving me?

Sharing and witnessing of altars Poetic and musical response

Rest break for hydrotherapy/hypnotherapy/heliotherapy

Farewell Dinner: reservations at gourmet restaurant Salt, Mylopotas

Feedback survey

DAY 7: Closing the Circle



Circle gift giving ceremony.
Final Closing of the Circle Ceremony

Chora and Ios Must Do Experiences:

- Pathos Sunset Lounge: have a drink and listen to Pavorotti as the sun dips into the Aegean
- Liostasis: 5-star restaurant and spa
- visit the three chapel at the top of the hill of Panagia Gremiotissa
- visit Skarkos the Bronze Age settlement museum and grounds
- visit the Elytis ancient open air theater
- walk to Homer's Tomb
- have a traditional coffee at the piazza, the small square
- dance in the many lounges and discos, esp Ios Club for jazz/classical, Bar 69, Slammer Bar, Steps, Sweet Irish Dream (Irish Overseas), Scorpion disco
- explore the hidden beaches with a cruise especially the Old Lady's Leap
- explore the other beaches Mylopotas, the Gialo, Manganari,