

T h e W i l d E x p a n s e

Expressive Arts Therapy Retreat

Example Schedule:

To help in your planning for the retreat, the following is an example schedule of a four day retreat. This is an example only, and your retreat may vary or change from this exact format or plan. If you have any questions or concerns, please reach us at connect@thewildexpansion.com

Day 1:

10 am: Arrival at retreat location

10:30-12 pm: Opening circle, getting to know one another, orientation to location and weekend expectations

12-1:30 pm: Lunch and free time

1:30-2:30 pm: Guided walk through the grounds/woods

3:30-5 pm: Music and art therapy group: grounding and settling into space with each other

5-6:30 pm: Dinner and free time

6:30-8 pm: Movement experiential

8-9:30 pm: Fire circle

Day 2:

7:30-10am: Self-serve breakfast hours, morning journaling

9-10 am: Morning yoga

10-11:30 am: Art therapy group

11:30-1 pm: Lunch and free time

1-2 pm: Guided walk/hike

2-3:30 pm: Free time, journal prompts, open art making, swimming, mindfulness guide

3:30-5 pm: Music therapy group

5-6:30 pm: Dinner

6:30-8 pm: Evening expressive group

8-9:30 pm: Fire circle

Day 3:

7:30-10am: Self-serve breakfast hours, morning journaling

10-11:30 am: Movement therapy group

11:30-1 pm: Lunch and free time

1-2:30 pm: Art therapy group

2:30-3:30 pm: Break/free time, journal prompts, open art making, swimming, mindfulness guide

3:30-5 pm: Expressive group

5-6:30 pm: Dinner

6:30-8 pm: Drum circle

8-9:30 pm: Fire circle

Day 4:

7:30-10am: Self-serve breakfast hours, morning journaling

9-10 am: Morning yoga

10-11:30 am: Closing circle

11:30-12:30 pm: Pack and depart