



CAC TFT Program Staff Winter Retreat
February 9-11, 2018

Friday evening:

- ♦ Arrive at 7pm
- ♦ *Henna hands & create weeping willow mini trees*

Saturday morning:

- ♦ Breakfast & prepare for the day 😊
- ♦ *Create 2018 TFT Vision Board*
- ♦ Make mirrored strands

LUNCH (12:30 pm)

Saturday afternoon:

- ♦ *Group sandtray & process*
- ♦ Let's go for a walk! Pay attention to your senses
- ♦ *Practice Chapman's Art Assessment*
- ♦ Books! Check out newer resources

DINNER (6pm)

Saturday evening:

- ♦ *Make kinetic sand, paper roses & relax*

Sunday morning:

- ♦ Breakfast & coffee
- ♦ *Yoga & Mandalas*

