

# SEAL *overnight* Retreat



Essex Woods Retreat Center, Essex, MA  
February 1, 5:00 pm - February 2, 4:00pm

## SEAL WORKSHOPS

**Wish Flags** – We will each create wish flags on fabric using modified tie dye and stamping methods. Each flag will represent a wish or hope for the future and will be strung together in a wonderful display to use for meaningful reflection.



**Inside the Eye** – You will create your own eye image inspired by Rene Magritte's painting "The False Mirror," this project focuses on how the "sky" portion of the eye in the painting is a view inside of the person.

**The Meaning Behind the Screaming** – We will take a close listen to a genre of music that can tell us so much of what is going on inside some of our students' minds.

Carefully chosen songs will be analyzed and discussed and current songs that send a positive message will end this rockin' workshop.

Integrating  
the Arts  
with  
Social-  
Emotional  
Learning

"I got more out of this retreat than what I had originally expected. This was the best professional development because it refueled my teaching soul."  
~Ruby L.

### Bonus SEAL WORKSHOPS

**"Night Owl" Workshop - (Not so Heavy Metal)** - Create a one-of-a-kind hammered metal piece to wear as jewelry or hang on your keychain. You choose the word you want to impress upon the metal.

**Morning Movements** – Start Saturday morning off right with some refreshing, centering movement and yoga.

[SEALretreat.com](http://SEALretreat.com)



Name:	Please register before January 28 <sup>th</sup> .	Quantity	Price
Address:	Overnight Retreat (\$320)		
	Single Occupancy (+45) Double Occupancy included		
Phone:	Bring a Friend Rate (\$305) (Send registration together or on the same day.)		
Email:	Totals:		
Please send checks to The Inspired Classroom, PO Box 303, Hampton Falls NH 03844	or register online at <a href="http://theinspiredclassroom.com/SEAL19">http://theinspiredclassroom.com/SEAL19</a>		