

Nourishing the Teacher

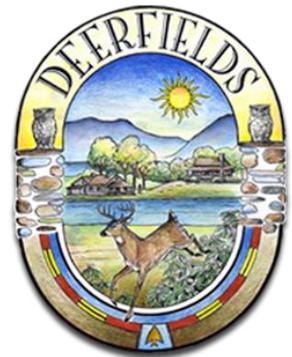
A Day of Inspiration, Restoration, & Self-Care

**Join us either May 1st or May 2nd from 9:30 to 5:00
Held at the tranquil property of Deerfields**

The past year has required teachers to devote an exceptional level of dedication and energy. This outdoor, socially-distanced retreat is an offering by teachers for Asheville-area teachers in gratitude for all that they give.

Each day-long retreat will include:

Maintaining Your Inspiration Workshop
Intentional Teacher Language Workshop
Yoga & Gratitude Practices
Sound Meditation
Guided Hiking



Facilitators:



Alicia Cardina holds a Master of Education and teaches 5th grade at Carolina Day School.

She is also a consultant for the Center For Responsive Schools and is committed to the creation of positive learning communities.



Joanie Lamb is the Director of the Center for Inspired Education and holds a M.Ed. in Special Education, K-12.

The Center offers programming for teachers, students, and parents, to inspire them to inspire themselves and the world around them.



Paige Bode is the K-6 Math/Science Coordinator for Asheville City Schools. She is also an adjunct

professor at UNC-A and holds an M.Ed. in Curriculum Design. With 18 years experience in the classroom, she is passionate about teacher care and the outdoors.

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A Day of Inspiration, Restoration, & Self-Care

If you are called to join us for a day of honoring your profession, awakening your inspiration, and slowing down to provide your mind and body some self-care at an absolutely stunning location, please follow the information below and secure your space!

Details:

- ❖ The event will take place at Deerfields, in Horse Shoe, NC
- ❖ Teachers will select EITHER May 1st or May 2nd. Both days are identical in the programming.
- ❖ The day will begin at 9:30 am and close at 5:00 pm.
- ❖ We recognize the financial considerations teachers must make, and are very pleased to be able to offer this experience, **valued at \$100**, to Asheville-area teachers for only \$22!
- ❖ The total cost has been subsidized, and each teacher who attends will have been sponsored by generous donations to make this event possible. We are deeply grateful to our community sponsors.

Considerations:

- ❖ Most of the sessions, aside from the guided hike will be held under outdoor, covered pavilions. Please dress accordingly to be comfortable spending the day outside. We will proceed rain or shine!
- ❖ We will provide coffee, tea, and light snacks throughout the day. Teachers should plan to pack their own lunch and water.
- ❖ Bring a yoga mat, a meditation cushion, and any other items that will support your comfort when sitting. There will be chairs available.

Registration & Donations for Nourishing the Teacher Retreat:

- ❖ To purchase your ticket, make a donation, or sponsor a teacher (\$75) please visit: www.centerforinspirededucation.com/retreat/





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SCHEDULE:

Time	Event
9:30-10:00	Arrival/Registration
10:00-10:30	Opening Ceremony
10:30-11:00	Gentle Morning Yoga
11:00-11:10	Snack Break
11:10-12:00	Session 1
12:00-12:15	Group Reflections
12:15-1:00	Lunch
1:00-1:50	Sound Healing
2:10-3:00	Session 2
3:00-3:15	Break
3:15-4:05	Session 3
4:15-4:45	Closing Circle

DESCRIPTION OF EVENTS:

Maintaining Your Inspiration Session: Sometimes we experience heightened states of inspiration and would love to bring that quality of beingness into the classroom regularly. This workshop will shed light on how to live an inspired life more of the time.

Intentional Language Session: We will explore the power of gratitude through journaling (provided) and guided meditation, and learn about how these practices can translate into our use of intentional language in the classroom to create a positive learning community.

Guided Hike Session: We will enjoy a leisurely walk around the property and into the woods to take some time to listen, observe, and appreciate the beauty in nature.

Sound Healing: A restorative musical experience designed to calm the mind and body; all you will be asked to do is lie down and relax!

All sessions and breaks will be held under open-air pavilions, in the woods, or beside the beautiful lake. We wish for this day to be relaxing and **for you**, therefore you may decide to engage in any or all of the suggested events.

Social distancing will be expected for everyone's safety.

www.centerforinspirededucation.com/retreat/

