



Go with the Flow-Meditative Art, Music, Writing

Creative inspirations come and go.

Did you ever wake up bubbling over with creative inspiration only to find that when you sit down to follow the inspiration the feeling is gone, the masterful vision dissipates, or thoughts become jumbled?

You can't start or complete: the book, the art piece, the song. You're stuck. It's natural.

Our minds are so powerful, they take over: planning, analysis, making sense of the creative flow experience.

What's more, as humans, we are taught to apply logic and analytical skills to work from day one. It's no wonder the flow of energy, feelings and emotional power are overlooked or over-shadowed by the forceful power of our minds. Our creative selves intrinsically know that creative expressions are unleashed through a balance of logic/analysis and energetic power and emotion but calming the mind and allowing creativity to rise to the occasion is much more difficult than it seems.

Afterall, a powerful mind is not necessarily a bad thing.

It's just not always useful to capture creative flow and keep it going.

So how to do unleash the flow and keep it going? Can we channel creativity and call upon it rather than simply react to it when it rises to cognition?

Let's explore it.

During our **Go with The Flow** Retreat we will explore art, music and writing in ways that are very different from mainstream "learning".

We invite you to dabble in creative outlets or immerse yourself in one. What's best, you need not decide now.

Let the creative flow of **Go with The Flow** guide you.

True flow is nothing short of amazing.

What's best, the practices developed during the retreat are yours to keep and integrate into your craft, passion, work and daily life.

Are you ready to explore the powerful forces of logic/analysis/emotion/creativity/energy that make you who you are? Break through the armor and unleash a force to be reckoned with. The full force and power of you.

It's time to go there.

Beachfront Location

What is it about the beach, the rhythm of the ocean waves, the gentleness of sparkling bay waters, the sun, and the aromas?
What is it that appeals to our senses and sense of well being that calms us and helps us to re-set?

We will be off the grid. Beyond roles, titles and responsibilities, it's a sliver of time at the beach for you to focus on the essentials of mind, body and the powerful connection between them.

Why do sports icons, medical schools and billionaires embrace mindfulness?

Because they've learned it helps train the mind and body to react better to challenging situations, focus more clearly, and improves health and wellness.

Many agree....life depends on it.

For Retreat, it is helpful to bring:

Water bottle, yoga mat, cushion for sitting (chairs are available), comfy clothes in layers, blanket, gloves and shoes that can get sandy

KOKOMO

Strathmere, New Jersey

Our exclusive retreat experience will take place at a beachfront property called Kokomo in Strathmere, New Jersey.

Strathmere is a quintessential seaside village nestled between Ocean City and Sea Isle City. The town is rather quiet year round, even when other shore points are bustling. It's often touted the Outer Banks of NJ.

Our retreat property is located on the coveted Pointe of the Island offering beautiful bay and ocean views with gorgeous sunrises and sunsets. When weather is chilly, the sights and sounds of the sea can be capture from sweeping decks and cozy indoor spaces. There is a private beach path directly from the yard to the beach for brisk walks or tranquil meditations in the crisp, clean air.

Retreat: All welcome from novice to expert meditators. Mindfulness Instructors are trained in MBSR (Mindfulness-based Stress Reduction) with Teaching Certificates from PENN Program for Mindfulness.

Instructor: Suzette Margolis, MBSR

Meals: Breakfast, Lunch, Dinner, coffee, tea and snacks

Accommodations: **Single, Double, Triple and Quad Occupancy Rooms available. Commuters welcome too. Rooms are assigned on a first-come, first-serve basis. Preferences for roommates should be noted on the registration form. If no roommate requested, room assignments will be made based on preferences.**

Cost/person: **\$1000**

Commuter Retreat (no sleeping room) \$ 600

Deadline: **Payment Due at Registration. Space is limited with Waiting List kept.**

Wait List: **Wait List Registrants will be charged a \$100 deposit which will be refunded in full if a space does not become available.**

Refund Policy: **Full Refunds are available until 10 days before the Retreat Arrival Date. After that date, registration is non-refundable.**

Register: **Please send REGISTRATION FORM to register@liveBrilliance.org with Room Preference (Single, Double, Triple, Quad, Commuter) and Roommate Preference if applicable.**

Upon Confirmation, Welcome Packet will be emailed.

Payment can be made by Credit Card On-line or by Check.

The property is a traditional beach home with plenty of space inside and out. There is a private path to the beach from the yard.



About Suz Margolis

Suz Margolis holds a Graduate Teaching Certificate from the PENN Program for Mindfulness under Michael Baime, MD, University of Pennsylvania Perelman Center for Advanced Medicine. She completed Mindfulness-based Stress Reduction (MBSR) Intensive Teacher Training with Jon Kabat Zinn, PhD from the University of Massachusetts Medical Center.

Ms. Margolis has presented educational sessions to groups of 1-2,000 in corporations, associations, schools districts and municipalities. She served as Chairperson of the liveBrilliance Mindfulness Conference at Villanova University and directed the documentary, *Mindfulness*, through the generosity of Radnor Township Studio 21.