

The Dance of Caring Retreat

A Fusion of Native American Ways and the World of Caregiving

Sedona, Arizona

March 22-24

Creative Life Center

Caregiving is a dance...a dance that is naturally choreographed through the heart of the caregiver"

Greg Schneider, Founder & President Hospice Volunteers of America

Join us for a journey into the timeless power of nature, story telling, dance, art, humor, and exploration as we uncover new ways to look at and think about self-care and it's relationship to caregiving.

- Have an intimate experience with Hoop Dance and explore the world of circles
- Explore your own dance of caring in all it's expressions
- Gain insights into wisdom within Native American ways
- Develop ways to nourish yourself and replenish your energy
- Strengthen your commitment to self care
- Expand your capacity to give care

Program

Thursday March 22, 7 to 9pm - Evening Opening

In Conversation with Native Elders and Native Dance

This welcoming event will introduce you to some of the philosophy and dance that becomes the foundation for exploring the world of caregiving and the role of self-care for caregivers.

Friday Morning 8:30 to noon

Awareness

During this morning session we will experience the Hoop Dance and explore the beauty and wisdom it holds. We will expand our awareness of circles and the role circles play in all aspects of life.

Friday Lunch (provided) noon to 1

Friday Afternoon 1 to 5

Components of Harmony

In the afternoon we will expand our exploration of circles and circles of influence using that understanding to go deeper into the potential that uncovers. We will define individual paths to finding harmony in the dance between care giving and care receiving.

Saturday Morning 8:30 to 12:30 (6am optional sunrise experience in the red rocks)

The Dance of Caring

You will experience the transformative power of finding your own dance of caring and chart a course for sustaining your capacity to give care through embracing and integrating self-care practices into your daily life.

Saturday Afternoon (optional journey out into the Sedona red rocks)

* schedule subject to minor changes

Faculty

Eddie Madril (Yaqui) (Dance of Caring Author)

Eddie holds an MA in Native American Studies and is a Professor of Ethnic Studies at San Francisco State University. He represents his culture as a dancer, singer, educator, playwright and filmmaker and is a frequent speaker/performer at schools, colleges and universities both nationally and abroad. Eddie is a regular host on the radio show, Bay Native Circle on KPFA. Eddie sits on the Board of Directors of World Arts West and spent 15 years on the Board of Directors of The Friendship House Association of American Indians, a drug and alcohol rehabilitation center in San Francisco. He has been recognized by KQED as a Bay Area Local Hero for his volunteer work.

Kathy Douglas, RN, MPH-HA (Dance of Caring Author)

Kathy is a nationally recognized nurse leader, filmmaker, author, and entrepreneur. She created the internationally distributed film *NURSES If Florence Could See Us Now* a recognition and celebration of the nursing profession. She is widely published and has presented across the nation on the topic of the healthcare workforce. Kathy is the recipient of the 2017 Critical Care Nurses Association Spirit Award in recognition of her contributions to the profession and was recognized by her colleagues on the cover of Nurse Leader Magazine as Leader to Honor. Kathy holds a Masters in Public Health from The University of San Francisco and is a graduate of Stanford Business School's Executive Program. Kathy is a 2 time cancer survivor and approaches each day with gratitude.

Sara Moncada (Yaqui) (Dance of Caring Author)

Sara is Director Special Projects for the Cultural Conservancy, a non-profit who's mission is to protect and restore indigenous cultures, empowering them in direct application of traditional knowledge and practices. She is Program Director for Sewam American Indian Dance specializing in sharing Native music, dance and arts both nationally and internationally. Sara is also co-founder of the media production company Wise Women Circles and has lead many inspirational film projects. She holds a BA in Humanities from Dominican University.

James Bilagody (Navajo) (Dance of Caring Contributor)

James is a beloved singer, song writer, motivational speaker, wisdom keeper and author of *Walking in Beauty* at the closing of the book – The Dance of Caring

Special Guests - To be announced.

The Sedona Creative Life Center



This stunning property offers an environment of natural beauty that supports the intention of our time together.

Who Should Attend

This is an opportunity for caregivers, both professional and non-professional, to put themselves first, replenish their energy and nourish their spirit. It is a wonderful gift to give to yourself or to a caregiver you know and want to support.

Retreat Cost

\$ 249.00 to \$349.00 sliding scale (on honor system, please pay what you can afford)
(travel, accommodation not included)

We have a few scholarships for individuals who are unable to pay. Please contact us at info@thedanceofcaring.com

Register [HERE](#) – link to registration page

Lodging

There are many delightful lodging options close to The Creative Life Center. Upon Registration we will send you a list as well as more information about traveling to Sedona.

Cancellation Policy

If for some reason your plans change and you cannot attend, we are happy to offer you a full refund up until March 1st. After that time refunds are not available and we will use your fees to support others attending.