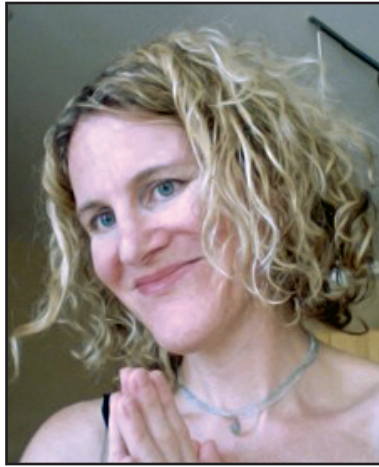


MADELINE ISLAND SCHOOL OF THE ARTS



Tom Glaser and Roxanne Sadovsky

Where The Pavement Ends: Mindfulness and Creativity

September 16-20, 2013

Five-day workshop with on-site lodging and meals

Unique Island Setting, Exceptional Workshops



– Online registration is easy –

www.MADELINESCHOOL.com

715.747.2054 • La Pointe, Wisconsin • misa@cheqnet.net

*"...the children, they know the place
where the sidewalk ends" — Shel Silverstein*

If the word mindfulness conjures up images of endless hours of sitting painfully in lotus pose, waiting weepingly for enlightenment, it might be time to reawaken your creativity with a life-changing dose of meditation – in a relaxed, safe, and playful community!

In our quick-fix-it-culture, all too many of us have shut down our spontaneity. Mindfulness offers a gateway back to that childlike place of endless creative flow. Creativity, along with that timeless state of childhood wonder, is an open playground to any age, gender, or profession, and essential to artists of all kinds.

Please join psychologist Tom Glaser and writing therapist and intuitive/raw writing director Roxanne Sadovsky for a weeklong awakening retreat, with daily integrative mind/body experiences, including:

- Gentle stretching, including yoga and Qi Gong
- Guided meditations (for the novice or experienced)
- Lectures and discussions
- Inspired journal writing
- Creative practices
- Mindful eating
- Evening community sharing, music making, laughter, moonlight and more
- Each day, a few hours of downtime is allotted for your own creative or renewing pursuits
- Optional massage appointments are available from an on-island masseuse.

Mindfulness teaches us how we can let go of whatever gets in the way of our natural state of flow. Come home again to your creative stream, where your most authentic, essential self hungers to come out and play! Whether you are seeking a wake-up call from your creative muse or a true awakening back home to your authentic self and living a whole life, this retreat will deepen your creative process, expand your mind, grow your heart, and change your life – where the pavement ends!