

# Rekindle the Spirit

How to Regain Our Sense of Self and Community Post-Pandemic

For Parents, Teachers, 7-12th Grade Students and Professionals in the Native American Community

## “Beneath”

Exploring Personal Wellness

**Monday, October 2**

*Just relax because only in relaxation will you realize what is hidden in you. - Osho*

This gathering is arranged to appreciate the impact of the pandemic as a shared experience of prolonged stress. Together, we will find steps forward toward ease and renewal

Our exploration will unfold in a 3-part sequence: *Beneath, Between, Beyond*

11:00 – Noon Ballroom A	ALL PARTICIPANTS	ARRIVAL AND CHECK-IN		
Noon – 12:45 Ballroom A		LUNCH AND WELCOME: <i>Christine Becker, Sundance Educational Consulting</i> KEYNOTE SPEAKER: <i>Malcolm Bowekaty, Zuni Pueblo</i>		
1:00 – 1:30 Ballroom A		OPENING SESSION INTRODUCTION OF PRESENTERS: <i>Christine Becker, Sundance Educational Consulting</i> “ <i>We Are Not the Same as We Used to Be</i> ”, Dr. Martha Carmody		
<i>Beneath our skin, within the very essence of the body, a cascade of stress-driven changes has occurred for many months. Each of the three breakout sessions offers a guided opportunity to reset the physical self. All participants will be able to explore each of the strategies to soothe the nervous system and deeply relax.</i>				
Rotating Breakout Sessions 1:45 – 2:30 2:45 – 3:30 3:45- 4:30	ADULTS	ACUPUNCTURE/ACUPRESSURE  Dr. Li Xu Room A	ENERGY WORK  Kelly Noble Room B	YOGA  Presenter Room C
Rotating Breakout Sessions 1:45 – 2:30 2:45 – 3:30	YOUTH	TRADITIONAL HEALING  Presenter Room D		YOGA  Presenter Room E
5:30 – 6:30 BALLROOM A	ALL PARTICIPANTS	DINNER		
6:45 – 7:45		MEDITATION  Michelle Duval (tentative) Room F	CULTURAL STORYTELLING AND ART  Sandra Freeland Room G	



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## “Between”

Enhancing Relationships

**Tuesday Morning, October 3**

*One piece of wood will not make a fire. - Latvian Proverb*

The longest study of human happiness concludes with the finding that good relationships are vital to wellbeing and longevity. Yet the pandemic forced us into isolation, with all levels of social connection disrupted. We will step into the effort and skills to rekindle communication and nurture our bonds with each other.

7:45 – 8:30 Ballroom A	ALL PARTICIPANTS	LIGHT BREAKFAST	
8:45 – 9:15 Ballroom A		WELCOME TO THE SECOND DAY: <i>Dr. Martha Carmody</i>	
9:15 – 9:45 Ballroom A	ADULTS	KEYNOTE SPEAKER: <i>To Be Announced</i>	
10:00 – 10:30 Ballroom A		<p>“EXPERIENTIAL LEARNING: REFINING COMMUNICATION”, <i>Dr. Martha Carmody</i>            INTRODUCTION OF PRESENTERS: <i>Christine Becker, Sundance Educational Consulting</i></p> <ul style="list-style-type: none"> <li>• How to Ask the “Generous Question”</li> <li>• Cultivating the Mindset to Receive Responses with Curiosity</li> </ul>	
9:30 – 10:30 Seminar Room	YOUTH	CULTURAL AND INTERPERSONAL RELATIONSHIPS: <i>Joe Ansera</i>	
BREAKOUT SESSIONS	ADULTS	- <i>Asking, Listening and Speaking with an Open Mind</i> -	
		Sandra Freeland - Rio Grande Room	Kelly Noble - Bosque Room
10:45 – 11:30	YOUTH	UNDERSTANDING RELATIONSHIPS - COMMUNICATION WITH ANIMALS: <i>HORSES</i>  Outdoor Area	UNDERSTANDING RELATIONSHIPS - COMMUNICATION WITH ANIMALS: <i>DOGS</i>  Sunrise Room
11:45 – Noon Ballroom A	ALL PARTICIPANTS	SHARE INSIGHTS: <i>We will convene as a full group to share insights and additionally consider many other strategies for developing and maintaining valuable relationships.</i>	
Noon – 1:00 Ballroom A		LUNCH	



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## "Beyond"

Connecting with Spirit

**Tuesday Afternoon, October 3**

*Be still, and the earth will speak to you. - Navajo Proverb*

In our final segment, we look beyond our usual perspective to a collection of experiences that bring each one of us a sense of our own unique place as part of the greater good.

1:00 – 2:00	"STEPPING INTO THE POWER OF AWE, WONDER AND GRATITUDE", Dr. Martha Carmody		
<p align="center"><b>CEREMONIES OF SPIRITUALITY - Breakout Sessions</b></p> <p align="center"><i>There will be three different ways to participate with descriptions provided by each facilitator</i></p>			
<p align="center"><b>BREAKOUT SESSIONS</b></p> <p align="center">2:15 – 3:15</p>	<p align="center">Tamara Stands and Looks Back Spotted Tail &amp; John Spotted Tail <i>Lakota</i></p>	<p align="center">Joe Ansera, Jr. <i>Pueblo</i></p>	<p align="center">Sandra Freeland <i>Navajo</i></p>
3:30 – 4:00	<p align="center"><b>COMPLETING THE CIRCLE</b></p> <p align="center"><i>To conclude our retreat, we will find connections from personal growth to improved relationships to an inspired sense of belonging and gratitude.</i></p> <p align="center"><i>A final synthesizing exercise will clarify a personal takeaway for each participant.</i></p>		
<p align="center">I speak of change not on the surface but in the depths - change in the sense of renewal. - <i>James Baldwin</i></p>			