

WHAT THE HANDS KNOW

A Weekend of Art, Embodiment & Recovery

FRIDAY | ARRIVING

4:00 pm | Arrival & Check-In

Arrive, unpack, wander, have some tea and let yourself land. There is nowhere else you need to be.

5:30 pm | Welcome Dinner

6:30–8:00 pm | Opening Circle — What the Hands Hold

Our hands carry a history. They have held people, work, loss, responsibility, longing, habits, love and things we rarely speak about.

We begin the weekend by creating our container together and gently turning our attention toward the question at the heart of our time together:

What have I been carrying?

8:00–9:00 pm | Open Studio — Making Without a Plan

Following a simple art invitation, the studio stays open for anyone who wants to linger. Make something, continue something, sit with a cup of tea or simply be around other people making things.

9:00 pm | Rest

SATURDAY | WHAT WE CARRY

8:00 am | Breakfast

9:30 am | Morning Practice — Coming Back to Ourselves

Before the stories and explanations begin, we start with the body.

Through gentle movement, grounding, body mapping and felt-sense inquiry, we practice noticing what happens inside us before we automatically reach for familiar ways of coping.

Recovery asks us to notice.

10:00 am–12:00 pm | The Things We Carry

Some things were handed to us. Some we chose. Some helped us survive. And some became so familiar that we stopped noticing their weight.

Through mixed-media art, poetry, fragments, cloth, thread and found materials, we begin exploring the visible and invisible things we have held through our lives.

12:00 pm | Lunch

1:00 pm | The Radical Practice of Doing Nothing

Walk. Nap. Read. Sit outside. Make something. Stare out a window.

Rest does not need to be earned.

2:00–3:15 pm | The Ways We Learned to Survive

We all find ways to get through.

Sometimes it is substances. Sometimes it is staying busy, being needed, achieving, pleasing, controlling, disappearing, taking care of everyone else or never allowing ourselves to stop.

Rather than asking *What's wrong with me?* we become curious about a different question:

What did this do for me?

This session invites curiosity rather than judgment about the ways we learned to survive, what they gave us and what they may be costing us now.

3:15 pm | Tea & Break

3:30–5:00 pm | Fragments & Threads — What Gets Tangled

Recovery stories are rarely neat.

There are things we inherit, things we survive, things we reach for, things we repeat and things we are still trying to understand.

Using collage, cloth, yarn, poetry, found materials and fragments, we follow some of these threads: where they began, what became tangled and what might slowly be coming undone.

We will also explore boundaries; both the ones we create with others and the ones we learn to hold within ourselves.

What happens when we override our own *no*? When we abandon what we need to keep the peace, be loved, stay useful or avoid discomfort? What does it feel like in the body when something is enough?

Through creative and embodied exploration, we begin practicing the quieter work of an internal boundary: noticing what we need, trusting what we know and learning to stay with ourselves.

5:30 pm | Dinner

6:30–9:00 pm | Poetry, Art & Letting Go

There are things we may be ready to loosen our grip on.

And there are things we are not.

An intimate evening of poetry, art, reflection and ritual, with no expectation that anything must be fixed, finished or released before we are ready.

Writing the Body

Sometimes the body knows the story before we do.

Through sensory writing, poetry and felt-sense prompts, we explore memory, craving, longing, loss, resilience and the places recovery lives beyond our thinking minds.

Open Mic

An optional evening of words and witnessing.

Bring a poem. Read something you've written. Share a fragment from the weekend. Tell a story. Or simply sit among others and listen.

Nothing needs to be polished or finished.

SUNDAY | WHAT REMAINS

8:00 am | Breakfast

9:30 am | Morning Practice — Listening Inward

A gentle embodied check-in with what has surfaced, shifted or become clearer.

10:00 am–12:00 pm | What the Hands Know

Recovery is not only about what we stop doing.

It is also about what we begin reaching for.

Through art, writing, embodied exploration and time working alone, in pairs and together, we gather pieces from the weekend and become curious about what our hands know about holding on, letting go, creating, receiving and beginning again.

12:00 pm | Lunch

1:00 pm | Witnessing & Connection

Recovery rarely happens entirely alone.

A gentle practice of sharing and being witnessed without advice, fixing or needing to have the right words.

A chance to experience what it can feel like to be seen without having to perform, explain or take care of anyone else.

2:00 pm | Closing Circle — What We Carry Forward

What am I ready to put down?

What needs more time?

What helps me return to myself?

What do I want to practice when I go home?

We close our weekend through art, reflection and ritual, carrying something of what we have discovered back into ordinary life.

3:00 pm | Departure

Recovery is more than giving something up.

It can also be the slow work of returning to yourself.