



- [New Waves! Festival](#) (Port of Spain, Trinidad) July 29-August 1, 2020. Application now open. \$500. \$250 deposit.

Founded in 2010, the Dance & Performance Institute is an international community of dance and performance artists, a forum for exchange, and series of programs on contemporary dance and performance based in Trinidad & Tobago.

The Institute is directed and curated by [Makeda Thomas](#), with the support of a growing community of artists, scholars, teachers and network partners.

- [LandMark Forum](#) (Minnesota). Seasonal.

The Landmark Forum is designed to bring about positive, permanent shifts in the quality of your life—in just three days. These shifts are the direct cause for a new and unique kind of freedom and power—the freedom to be at ease and the power to be effective in the areas that matter most to you: the quality of your relationships, the confidence with which you live your life, your personal productivity, your experience of the difference you make, your enjoyment of life.

- [Urban Bush Women's Summer Leadership Institute](#) (New York City) July 15-18, 2020. (This program is only open to alumni in 2020 but I will still present you with the information.)

The SLI is a 10-day intensive that connects dance professionals, community-based artists and activists in a learning experience that leverages the arts as a vehicle for social activism and civic engagement.

- [Women's Art Institute at Saint Catherine's University](#) (June 1-25, 2020)  
Applications due April 27, 2020

The Women's Art Institute Summer Studio Intensive course is for contemporary women artists of all ages and backgrounds interested in refining their artistic process and exploring questions around women and art. Creating a community that shares, reflects and produces art, the Institute is a rich experience that offers you intensive studio work and one-on-one coaching from faculty.

The four-week program includes sessions Monday through Friday with some field trips and evening presentations from guest artists, critics and art historians. You will have



all-day access to the large, sunlit studios and shop facilities of the Visual Arts Building on the University's beautiful campus.

This innovative and rigorous program is designed for artists from a variety of disciplines who have mastered basic skills and are now seeking deeper levels of understanding and expression in their work.

- [AMVTP's Creative Empowered Women's Retreat 2021](#) (Minnesota).

A dynamic, one-of-a kind residency/retreat program for mid-career women creatives to invest in themselves. Open to all disciplines and welcomes participants from around the country. Located at a serene, wooded retreat center, Shire In The Woods. During 4-day program participants participate in workshops is grounded in three pillars: Envisioning and Goal-Setting; Centering and Grounding; Fellowship and Sisterhood. All are asked to provide an offering to the residency of some sort to fulfill one of AMVTP's values of generosity. "We all have something to receive and we all have something to share."

## New Waves! Institute 2020



TXT

## DANCE & PERFORMANCE INSTITUTE CELEBRATES 10TH ANNIVERSARY WITH NEW WAVES! 2020 FROM 29 JULY TO 1 AUGUST IN PORT OF SPAIN, TRINIDAD

Makeda Thomas, a dance artist whose artistic practice, scholarship and teaching are situated at the intersection of performance practice, diaspora theory, dance studies, ethnography and black feminisms, hosts the 10th Anniversary of the Dance & Performance Institute with **New Waves! 2020** from 29 July to 1 August in Port of Spain, Trinidad.

**New Waves! Institute** has engaged over 800 artists from around the world through its programs: an annual gathering hosted in Trinidad & Tobago since 2011 (in 2014, the program travelled to Haiti); a carnival performance program that grew into **New Waves! Mas** - which produced for Trinidad Carnival (2019) and Brooklyn's West Indian American Day Carnival (2017, 2018); and a scholarship program offering dance studies to local artists in Trinidad & Tobago, and for Caribbean artists in the diaspora to study dance with leading institutions, artists and scholars in New York City. The Institute's founding artist-in-residence program has hosted over 30 international artists and scholars. And in 2018, "Making Stage: Dance Curation in Trinidad & Tobago" was published in "Curating Live Arts: Critical Perspectives, Essays, and Conversations on Theory and Practice", documenting the **New Waves! Commission Project**. To celebrate is the birthright of the Institute - to mark 10 years of important work by independent artists for dance and performance artists in and of the Caribbean and its Diasporas.

With a consistent flow of impressive cohorts each year, many have been invited to return for **New Waves! 2020**.\* More than 30 guest artists are invited to invoke a practice that includes dance, song, word, and play; to create a space where "dancers could dance and be healed from the laborious hierarchies of imperialism and colonization; a space where we could "each re-strategize our own personal vision". Through four days of performance, movement and reasoning sessions, screenings, communal meals, and informal limes, **New Waves! 2020** will explore how dance artists, scholars, teachers, administrators, those in dance production (lighting and costume designers, musicians), and other leaders in the field of dance galvanize, play, workshop, commune, disrupt, engage, celebrate, mourn, heal, and move. Our vision is to embody the depth and spirit of contemporary dance and performance practice in the Caribbean and its Diasporas - in an organizing principle of 'Emancipation' - and connect in essential ways that alters and brings out light in one another.

Major program highlights for **New Waves! 2020** include: an **Opening Celebration** in collaboration with Guest Artists; a **two-day exploration** through a series of solo performances, workshops, film, installation, and movement sessions; and a special **Emancipation Day** presentation.

See Full Program Information for **New Waves! 2020** here.

To join us for **New Waves! 2020**, apply online now at <https://form.jotform.co/93291810944865>. The participation fee is \$500 USD, which includes all program events, workshops, and local transportation. Let's Dance!



**NEW WAVES! 2020 OPENING Celebration**  
**Splice Studios - 7 Francis Road, Maraval**  
**Wednesday, 29 July 2020, 7pm - 12am**

7pm House Opens

7:30pm Welcome to New Waves! 2020 by **Makeda Thomas**

Opening Conversation with **Makeda Thomas, Tony Hall, and Ananya Chatterjea**

8pm Opening Performance with **Makeda Thomas, Chris Walker, Fana Fraser, Catherine Denecy, Sonja Dumas, Neila Ebanks, Arielle John, Shamar Watt, Ras Mikey C, Muhammad Muwakil, Everaldo "Redman" Watson, Wayne "Lion" Osuna, Fritzner Alexandre, Jamie Philbert, Gillian Moor, Adam Ade Ola, and more.**

10pm DJ and Dancing

Artistic Direction by **Makeda Thomas**. Project Management by **Djassi da Costa Johnson**. Stage Management by **Giselle Langton**. Photography and Video by **David McDuffie**.

**Catherine Denecy, Installation: E G O**  
**Opens Wednesday, 29 July thru Saturday, 1 August**

**NEW WAVES! 2020**

**Thursday, 30 July 10am - 6:30pm at TTW - 6 Newbold Street, St. Clair.**

**Friday, 31 July 10am - 3pm at TTW - 6 Newbold Street, St. Clair.**

**Friday, 31 July 4pm - 8pm at Splice Studios - 7 Francis Road, Maraval**

*\*All workshops are 90 minutes long.*

Join Makeda Thomas for a two-day exploration of New Waves! 2020 through a series that includes performance, film screenings, installation, and workshops.

**Thursday, 30 July, 10am - 6:30pm at Trinidad Theatre Workshop**

10am **Ras Mikey C**, Workshop: Ethio-Modern Dance

11:30 **Adam Ade Ola**, Workshop: Orisha Performing Arts Co.

2pm **Jean-Sebastian Duvalaire**, Workshop: Haitian Dance

3:30 **Rennie Harris**, Workshop: House Dance

5pm **Michelle Gibson**, Workshop: Second Line Aesthetic

**Friday, 31 July 10am - 3pm at Trinidad Theatre Workshop**

10am **Jamie Philbert**, Workshop: Kalinda Technique for Performance

11:30 **Shamar Watt**, Workshop: Contemporary Dance

1:30pm **Ronald K. Brown/EVIDENCE**, Workshop: Contemporary Dance

**Friday, 31 July 4pm - 8pm at Splice Studios - 7 Francis Road, Maraval**

*\*Screenings begin at 4pm. Performances begin at 6pm.*





4pm **Millicent Johnnie**, Screening: *La Diabliesse* and *Bamboula is Not Bamboozled*. Post-screening talk with the Directors. Moderated by **Sonja Dumas**.  
5pm **Maya Cozier**, Screening: *She Paradise*. Post-screening talk with the Director. Moderated by **Makeda Thomas**  
6pm Performance by: **Sheena Rose, Akuzuru, Fana Fraser, Neila Ebanks, Nic Kay, Shamar Watt, and Continuum Dance Project.**

#### **Emancipation Day Procession**

**Saturday, 1 August, 9am - 12pm**

**Independence Square to Emancipation Village, Port of Spain**

Join returning New Waves! Guest, **Michelle Gibson**, in a Second Line for the Emancipation Day Procession through downtown Port of Spain, culminating at the Emancipation Village at Queens Park Savannah. Performance by **Belmont Baby Dolls**. Live Music.

#### **Beach Lime**

**Saturday, 1 August 2020, 1pm - 5:30pm**

**Maracas Beach**

Immediately following the Emancipation Procession, join New Waves! Founding Faculty, **Chris Walker**, for our iconic beach lime - with movement and reasoning sessions, local food, rest, and rejuvenation by the sea. A beautiful close to New Waves! 2020.

#NewWaves2020 #LetsDance

To join us for New Waves! 2020, register online at <https://form.jotform.co/93291810944865> by Friday, 15 May 2020. The participation fee is \$500 USD, which includes all program events, workshops, and local transportation. Let's Dance!

## FACULTY & GUEST ARTISTS

*Each year, the New Waves! Institute engages an outstanding group of international dance artists and scholars as Core Faculty and Guest Artists. They have included:*

- **Akuzuru**, Performance Artist. Lecturer in Visual Arts at University of the West Indies.
- **Mandira Balkaransingh**, Co-Founder and Artistic director of Nrityanjali Theatre, Institute for the Arts & Culture.
- **Arcell Cabuag**, Associate Artistic Director, Ronald K. Brown/EVIDENCE.
- **Kim-Lee Campbell**, Erasmus Mundus Scholar in the Choreomundus International Masters in Dance Knowledge; Director of YAAD Arts; Co-director, eNKompan.E™.
- **Ananya Chatterjea**, PhD, Temple University. Director of Dance and Associate Professor in the Department of Theater Arts and Dance in the University of Minnesota, Minneapolis.
- **Ras Mikey C** (Michael W.L. Courtney), Co-director of F.I.V.E. Productions. Board, Dance Research Forum Ireland. Doctoral candidate in Arts Practice Research at University of Limerick.
- **Thomas F. DeFrantz**, PhD, Performance Studies NYU. Professor of Dance at Duke University and Chair of the department of African and African American Studies.
- **Catherine Denecy**, Choreographer and Dancer.
- **Sonja Dumas**, Artistic Director, Continuum Dance Theatre; Co-director, COCO Dance Festival.
- **Jean-Sebastian Duvilaire**, Dancer
- **Neila Ebanks**, Founding Director. eNKompan.E™; Teaching artist at the Edna Manley College of the Visual and Performing Arts.
- **Lowell Fiet**, PhD in Theatre at the University of Wisconsin-Madison. Professor English, Theatre, and Interdisciplinary Studies Departments at the University of Puerto Rico-Río Piedras.
- **Rawle Gibbons**, Director and Playwright. Head and Senior Lecturer at the Centre for Creative and Festival Arts, UWI St. Augustine.
- **Queen GodIs**, Poet, Performance Artist and Artistic Director
- **Tony Hall**, Director and Playwright. Lordstreet Theatre Company.
- **Rennie Harris**, Choreographer and Artistic Director, Rennie Harris/Puremovement.
- **Dyane Harvey-Salaam**, Co-founder of Forces of Nature Dance Company. Professor of Dance, Hofstra University and Princeton University



- **Burton Sankeralli**, Theologian, Philosopher, writer, poet, cultural anthropologist and political and cultural activist. Founder, Philosophical Society of Trinidad & Tobago.
- **Kieron Sargeant**, Dancer, choreographer and educator
- **Chris Walker**, Professor of Dance at University of Wisconsin-Madison, National Dance Theatre Company of Jamaica company member.
- **Dave Williams**, Dancer and Choreographer. Co-director of COCO Dance Festival
- **Andrea Woods-Valdes**, Professor of Dance, Duke University
- **S. Ama Wray**, Professor of dance and the University of California, Irvine

**The New Waves! Institute is proud to have worked with incredibly talented accompanists and musicians, including:**

- **Fritzner Alexandre**, **Cheyenne Baptiste** (DJ Shy Guy), Frauke Luenhning, Wayne "Lion" Osuna, **Vaughn Touissant**, Dimitri Etienne, Edgard Marc, and Everaldo "Redman" Watson

**The following guests have also made valuable contributions to the programs of the New Waves! Institute:**

- **Jean Appolon**, Founder and Director, Jean Appolon Expressions
  - Kwayera Archer-Cunningham, Director of Asé Global Consulting
  - **Dr. Joan Burroughs**,
  - Yonel Charles, Co-director of Gran Lakou
  - **Jean-René Delsoin**, Centre de Danse/Compagnie de Danse Jean-René Delsoin
  - **Michelle Gibson**, Choreographer, educator, and performing artist
  - **Emerante de Pradines**, Haitian National Treasure; pioneering singer, dancer and folklorist
  - **Dr. Joan Francisco Valdés Santos**, Cuban poet and author
  - Robert Young. Designer of THE CLOTH
-

## COURSE OFFERINGS



© Maria Nunes Photography, 2012

The following lists workshops and courses that have been offered for the New Waves! Institute.

- Contemporary Dance
- Contemporary Caribbean Dance
- Contemporary Indian Dance
- Ethio-Afro Modern Dance
- House Dance
- Modern Dance
- Caribbean Dance
- Classical Indian Dance
- Afro-Haitian Dance/Haitian Folkloric
- Trinidad Folk Dance Workshop Series
- Ori Bata
- Eleo Pomare Workshop
- Forces of Nature Repertory Workshop
- Ronald K. Brown/EVIDENCE Repertory Workshop
- FreshWater: Myth, Mas & Movement
- Pearl Primus Workshop
- Partnering
- Performance/Performance Art
- Pilates
- Articulating a Caribbean Philosophy through Dance
- Building Movement: Fundamentals of Choreographic Process
- Caribbean Aesthetics
- Jouvay Process for Dancers
- Mask Making and Performance Acts
- Workshop: Jouvay Ayiti
- Living Poetry Outloud: Spoken Word, Poetry, Writing & Performance
- Walking Testimony::Crafting & Contextualizing Choreo-poems
- Movement, Meditation, Mindpower: Site-Specific Dance Exploration
- People Powered Dances of Transformation

### Additional Programs:

New Waves! Institute programs are enriched by additional 'sessions' that have been held at arts/cultural organizations, public spaces, in private homes throughout Trinidad & Tobago. New Waves! has attended Orisha feasts, Kali pujas, service at the Ethiopian Orthodox Church, and Indigenous ceremonies. The respect and grace of participants maintains this open dialogue with the local cultural community.

- Dotish Tour with Robert Anthony Young
- Emancipation Day Procession & Celebration





# LandMark Forum

## The Landmark Forum: How It Works

### Landmark's Breakthrough Technology

The Landmark Forum offers a practical methodology for producing breakthroughs—achievements that are extraordinary, outside of what's predictable. The Landmark Forum is grounded in a model of transformative learning—a way of learning that gives people an awareness of the basic structures in which they know, think, and act. From that awareness comes a fundamental shift that leaves people more fully in accord with their own possibilities and those of others. Participants find themselves able to think and act beyond existing views and limits—in their personal and professional lives, relationships, and wider communities of interest.

## Course Details

### The Landmark Forum

The course takes place over three consecutive days and an evening session (generally Friday, Saturday, Sunday, and Tuesday evening). Each full day begins at 9:00 a.m. and ends at approximately 10:00 p.m. Breaks are approximately every 2-3 hours, with a 90-minute dinner break. The evening session generally runs from 7:00 p.m. to 10:15 p.m. (in certain locations, from 7:30 p.m. to 10:45 p.m.). Note: Landmark Forums presented simultaneously in more than one language may end as late as 12:00 midnight. In India, The Landmark Forum ends at approximately 11:00 p.m.

Tuitions vary based on location and currency.

To find out about corporate participation and pricing, [contact your local Landmark office.](#)

MEET THE LEADERS OF THE LANDMARK FORUM

---



## The Landmark Forum Course Syllabus

A Day-by-Day Description of the Landmark Forum

Day One

Day Two

Day Three

Evening Session

### Day One

**Orientation and Overview: How The Landmark Forum Works**

Participants are given an overview—a sense of what they might expect, as well as tips and ideas for how to get the most value. The daily schedule is reviewed, and there is an opportunity to ask questions.

[CONTINUE](#)

Register Now

Find locations and dates that are perfect for you.

[FIND LOCATIONS](#)

[REGISTER NOW](#)



## The Landmark Forum Course Syllabus

A Day-by-Day Description of the Landmark Forum

Day One

Day Two

Day Three

Evening Session

### Day Two

#### **The Illusion of Someday: Rethinking Possibility**

If someone says to us, "X is possible," we would normally understand them to mean that X does not now exist, and that its existence, even someday, is not certain. Our use of the word possibility is different from this ordinary usage. We are not speaking about something remote or something that may happen out in the future. In this session, we look at the notion of possibility in a whole new light.

[CONTINUE](#)

## The Landmark Forum Course Syllabus

A Day-by-Day Description of the Landmark Forum

Day One

Day Two

Day Three

Evening Session

### Day Three

#### **The Pervasive Influence of the Past**

Much of what makes up today and even tomorrow seems to be an extension or variation of what has come before. What we see as possible – what we are working toward – is essentially a more, better, or different version of the past.

[CONTINUE](#)



# The Landmark Forum Course Syllabus

A Day-by-Day Description of the Landmark Forum

Day One

Day Two

Day Three

Evening Session

## Evening Session

### **New Possibilities, Breakthrough Results, and a Quick Review**

In this last three-hour session, participants share with each other, and with the guests they've invited to join them, the new possibilities they've created for themselves. Key discussions and critical insights are revisited, deepening our understanding of the distinctions of The Landmark Forum and their relevance in our lives.

[CONTINUE](#)

## Who Participates



The kinds of people who participate in The Landmark Forum are those who consider life an ongoing opportunity. Their interests may range from communicating and relating more effectively to going beyond their current levels of performance. Others are people who have a high interest in shaping the course of their lives. Others are interested in giving themselves a certain advantage or edge in dealing with a specific area of their lives. They are people interested in living life fully; in making the right choices and pursuing what is important to them.

[LEARN MORE](#)





## Attend an Introduction to The Landmark Forum



Attending a free Introduction to The Landmark Forum is an opportunity to get your questions answered, see how it actually works, and what you personally could get out of it. You'll also hear from people who've completed the course about their experiences and the difference The Landmark Forum has made in their lives.

[LEARN MORE](#)



## Urban Bush Women's Summer Leadership Institute



The SLI is UBW's annual 10-day intensive that serves as the foundation for all of UBW's community engagement activities. SLI builds the global network of community arts practitioners, and what UBW Founder Jawole Zollar calls "front line social justice workers," by connecting dance professionals and community-based artists in a learning experience that leverages the arts as a vehicle for social activism and civic engagement. SLI was begun in 1997 and formalized as an annual UBW program in 2004.



**WHEN BLACK WOMEN (+) PREVAIL, WE ALL PREVAIL: ERASED NO MORE**  
July 12 - 21, 2019 | Gibney Dance | 280 Broadway, New York, NY

Videographer and editor: Imranda Ward



## **SLI CORE COMPONENTS**

### **DANCE FOR EVERYBODY**

This movement jam/dance class embraces the ideas that each individual has a unique and powerful contribution to make, and that our bodies are a powerful source of agency.

### **ENTERING, BUILDING AND EXITING COMMUNITY (EBX)**

Based on experiential learning, we embody effective leadership practices that strengthen and develop our understanding of community engagement. Participants gain tools and methodologies for entering, building and exiting community, including navigating a variety of assumptions regarding community-based practices.

### **UNDERSTANDING AND UNDOING RACISM PRESENTED BY THE PEOPLE'S INSTITUTE FOR SURVIVAL & BEYOND (PISAB)**

Through presentations, reflection, role-playing, and strategic planning, this intensive process challenges participants to analyze the structures of power and privilege that hinder social equity and prepares them to be effective organizers for justice.

### **ASSET MAPPING**

Asset mapping is a process of assessing what resources, skills and strengths are available in the group and/or community. UBW's philosophy is that often communities are addressed by what they lack and not by what they offer. We model and practice asset mapping within various modalities (art-making, community assessment, etc.) so that participants may apply the philosophy to their own work.

### **DEEP LEARNING THROUGH RESEARCH, DISCUSSIONS, DIALOGUE, PANEL AND STORY CIRCLES**

Participants are given thematically based research prompts as well as informational sessions and presentations to investigate and include in our experience together.

### **CULMINATING PERFORMANCE**

We have found that creating together towards performance is an integrative process that allows participants to synthesize, rebuild and re-stabilize after deep change processes. Together with UBW, participants create an artistic product reflecting both their learning and their vision for community growth and change. With an emphasis on dance and song, we use various artistic genres including creative writing and visual art, to process, synthesize, and communicate so we can understand the power of culture to support a community of agency.

**FOR MORE INFORMATION JOIN OUR MAILING LIST, FOLLOW US ON SOCIAL MEDIA OR EMAIL US AT [SLI@URBANBUSHWOMEN.ORG](mailto:SLI@URBANBUSHWOMEN.ORG)**





# Women's Art Institute at Saint Catherine's University





#### GOALS FOR THE INSTITUTE INCLUDE

- Defining your goals as a woman artist
- Deepening your studio work with individual tutoring emphasizing intention, form, content and context
- Developing your portfolio of work
- Gaining insights into the work of contemporary women artists



## Admission

Practicing artists and art students from any discipline must have a minimum of two years of college-level art training or the equivalent. Undergraduate credit is available.

Applications for the June 2020 sessions must be received by April 27.

[Download an application](#) →

[Email for more information](#) →

## Guest Artists, Critics, and Art Historians

The Women's Art Institute invites artists, curators, and historians from across the country to discuss a variety of issues and topics.

Many readily admit, "I don't give this presentation anywhere else!" Their unique perspectives will deepen your experience and inspire your creative process.





## What Participants Say

The Women's Art Institute helped me understand what subjects were relevant to me as an artist and how to express them through my work. Since completing the WAI, I have received a Minnesota State Arts Board Artist Initiative grant, a Metropolitan Regional Arts Council Next Step grant, and I became a recipient of the MCAD-Jerome Foundation Early Career Artist Fellowship.

— **Marjorie Fedyszyn**

The Women's Art Institute creates a space for women to see themselves reflected in the innovative artists of the past and the captivating artists of our present. I was immensely challenged and given space to grow and experiment in my medium, which enabled an artistic growth and freedom to create.— **Julia Nellesen**

The WAI became a life-changing experience through thoughtful instruction, reflective classroom sessions, engaging artists and art historians, and hours of studio work while taking risks without judgement. — **Kathy Daniels**

WAI was a huge catalyst in my art career. With guidance from the faculty, fellow students, and the many guest artists I met, I made so much progress in my artwork. And even more importantly, I grew to embrace my identity as an artist. — **Vatina McLaurin**

## Faculty

### Director and Lead Instructor: Patricia Olson

Professor Emerita of the Department of Art and Art History of St. Catherine University, Olson is a founding member of WARM (Women's Art Resources of Minnesota) and holds an MFA in Visual Studies from Minneapolis College of Art and Design. A painter and designer, her work addresses myths, cultural stories and art history from a woman's perspective. She has exhibited her work nationally, and public collections include Minneapolis Institute of Arts, Minnesota Historical Society and Wilson Library, University of Minnesota. Olson and founder Elizabeth Erickson have been designated "Changemakers" by the Minnesota Women's Press in 2009 and 2014 for their work with the Women's Art Institute.



### Visiting Artists/Instructors

Elizabeth Erickson, Institute founder and professor emerita of Minneapolis College of Art and Design, has been a painter, poet and educator for more than 40 years, and she holds an MFA from Minneapolis College of Art and Design. Her career highlights include participation in *Global Focus* in Beijing in 1995, and in *Art and Healing* at the Nobel Conference at Gustavus Adolphus College in 1992. Her work is in many public and private collections, notably Minneapolis Institute of Arts, Walker Art Center, General Mills and 3M. While retired from daily teaching at the Institute, she continues her deep involvement and interest.

Hend Al-Mansour left a cardiology career and earned an MFA from Minneapolis College of Art and Design, and an MA in art history from University of St. Thomas. Using vibrant colors, her screenprints integrate stylized figures, Arabic calligraphy, and geometric design. She constructs spaces that recall both Bedouin tents and Islamic architecture. Recently she has expanded her interests to animation and video installation. Hend is a recipient of a 2019 Minnesota State Art Board Artist's Initiative grant, a 2018 McKnight visual art fellowship, a 2013/14 Jerome Fellowship for Printmaking, and the 2012 Juror's Award of the Contemporary Islamic Art exhibition in Riyadh. She is among the 100 most powerful Arab women in the online magazine *Arabian Business*. She has shown and lectured regionally, nationally and internationally.

Justine DiFiore is a painter based in Minneapolis where she lives and works as an artist and a nursing assistant. Her familial roots are in New York City where her interest in painting was sparked by seeing a huge show of Vincent Van Gogh's work at the Metropolitan Art Museum in 1984. From New York, she attended Oberlin College, received a BA in Studio Art, and moved to Minneapolis. After immersing herself in social justice activism in the 90s, she returned to art as a primary means of expression. Her current practice involves an exploration of the human body with a specific interest in creating work that challenges dominant narratives of the female form. She participated in the WAI as a student in 2013 and teaching assistant in 2014. Justine has shown her work widely in the Twin Cities area.

Carolyn Halliday has been showing her work nationally and internationally for nearly two decades. She has earned many awards, including a 2013 Minnesota State Arts Board Artist's Initiative Grant. In 2015 she was appointed the first member and chair of the National Artists Advisory Council for the Textile Center. She is a recipient of Textile Center's Spun Gold Award 2020, honoring artists and advocates for a lifetime of dedication to fiber art and the Textile Center. Her work is in the collections of Minnesota Historical Society and Weisman Art Museum. In 2014, she was a featured visual artist for an episode of public television's production *Minnesota Originals*.

[DOWNLOAD PDF APPLICATION](#)

# AMVTP'S Creative Empowered Women's Retreat 2021





AMVTP PRESENTS!

---

# *Creative Empowered Women's Retreat*

---

SHIRE IN THE WOODS

*a private wooded  
retreat in McGrath,  
MN.*

*18 miles north of Mille  
Lacs Lake tucked away  
at the heart of the  
Solana State Forest and  
the Soo Line South Trail*

*March 28-31, 2019*

*Contact Alanna  
alanna@alannamvt.com*







THE RESIDENCY / RETREAT YOU REALLY NEED

*envisioning and goal-setting  
grounding and centering  
fellowship and sisterhood*

*a relaxing, luxurious cabin  
comfortable lodging  
full size kitchen  
wrap-around deck  
meditation/prayer room  
wood-burning fireplaces  
outdoor pit and grill  
private trails*

*and more...*

*by invitation only*

[www.alannamvt.com/retreat](http://www.alannamvt.com/retreat)





### **Gathering Info Session #1 Sunday January 27, 2019 (updated as of Feb 10, 2019)**

AMVTP is hosting its first Women's Retreat this March 28-31, 2019!

For mid-career, woman creatives this residency/retreat is by invitation only and open to creatives across disciplines and both in and beyond Minnesota.

Goals: Gather to share, learn and receive through dialogue, workshops, reflection and rejuvenation around three pillars: Envisioning and Goal-setting; Centering and Grounding; Fellowship and Sisterhood.

Participants will be hosted in a relaxing and luxurious cabin on a quiet wooded retreat center approximately two hours north of the Twin Cities (exact location will be given at Info Sessions).

#### **Amenities include:**

- comfortable lodging
- full-size kitchen
- wrap-around porch
- meditation/prayer room
- wood burning fireplaces
- sauna
- outdoor pit and grill
- private trails
- Books, cassettes, and CDs of various genres, a xylophone, and some drums
- Extra chairs to seat 50+ people and eight 6' x 3' folding tables
- A 120" projection screen, Epson Home Cinema 3500 3LCD projector and Blu-ray home theatre sound system
- An Oster digital countertop oven with convection, capacity to hold two 16" pizzas or a whole chicken
- Air conditioners, floor/table fans, ceiling fans, and off peak electric storage heaters
- Free Wi-Fi

Complimentary dinner provided on first night

#### **Program Includes:**

- Vision Board Workshop with Life and Career Coach, Trena Bolden Fields
- Adaptive Yoga with Angela Fern of ShareYoga MN
- Massage with TBD
- Exploratory Writing with Kasey Payette

**\*Cost for 8 participants** (All participants have their rooms. All rooms are double occupancy)  
(Costs are less for up to 14 people at double occupancy, starting at \$138.55/participant)

A. Lodging + 4 hour Visioning Workshop + 2 Adaptive Yoga classes = \$330.60 (incl. tax)

B. Lodging + Visioning Workshop + 2 Adaptive Yoga classes + Massage = \$395.60 (incl. tax)

*Non-refundable Deposit \$50 due by March 1, 2019 / Balance due by March 21, 2019*

*No cancellations after March 21, 2019*