



WEEKEND
RETREAT
OPPORTUNITY

Spring Renewal & Transformation *Retreat*

12-14
April
2024

In this Retreat you will experience transforming breathwork, nature's beauty, moving meditation, and art exploration:

- Integrate art & embodied wisdom
- Learn Core Moving Meditations
- Create an Inspiring Sketchbook
- Relax into Nature's Beauty

WORKSHOP LEADERS



LISA ROLL

Lisa Roll LPC, BC-DMT, 200 RYT, is a licensed mind/body therapist at Samaritan Counseling who has been leading insight workshops for over 20 years. As a dance/movement therapist she weaves healing metaphor, movement, and meaning. Lisa is known for her grounded presence that invites insightful discovery and the practice of core skills that promote renewal and joyful living!



LORI ROLL

Led by Lori Roll. Lori Roll is an Oklahoma artist with a background in photography, jewelry and art. She currently works in cold wax and oil, encaustic wax, multimedia sketchbooks and collage. Her loose graphic style evokes her love of nature, interior and exterior landscapes, mark making and bold color to create works evoking memories experienced and imagined.