

The Audacious Foundation's 2026 Connecting Children to Nature Retreat

PLAYFUL SESSIONS

CHOOSE ONE ACTIVITY



Neurographic Art in the Vineyard

WITH CHRISTI BELLE

This session is a meditative art process that combines mindfulness with abstract line work to promote clarity and stress relief. This relaxing and meaningful activity invites participants to slow down, reflect, and leave with a unique piece of art created from within, and a palette of paint to continue the practice at home.



Learn to Line Dance

WITH TIN LE

Step onto the dance floor for a welcoming, beginner-friendly line dancing session with Tin Le. Tin will break down the steps, build the routine at an easy pace, and help everyone feel comfortable joining in. Whether you are learning for the first time or polishing your moves, you'll leave energized, smiling, and ready to keep dancing.



Pause, Breathe, Connect

WITH TRACY JOHANSSON

Through gentle movement and guided meditation, we'll explore breath, stillness, and our connection to the natural world. No prior meditation experience is needed, and you'll leave with simple practices that can also be shared with children.



Independent Journaling, Drawing, and Exploration

SELF-GUIDED

Prefer to follow your own creative rhythm? Choose a quiet, self-guided session for journaling, drawing, or simply exploring the surroundings. Settle into a spot that inspires you and use the time to notice, reflect, and create at your own pace. Sketch pads and drawing pencils are available.

