



The Art of Self-Care: Create Your Own Resiliency G26040301

with Michelle Holdt
April 24 - 26, 2026

Hello and Welcome to The Art of Self Care ~

My name is Michelle Holdt and I can't wait to share this weekend retreat with you. I am an arts educator and artist from Albuquerque, NM and I'm known as a Love Advocate because I stand for LOVE in the world and have a giant AMOR sign on the roof of my carport and Love posters all over my house. You can read more about me at www.creativecompassionate.com I teach book making, writing, collage, mindfulness, and restorative practices in Albuquerque and Santa Fe and I am so honored to be teaching at Ghost Ranch and I look forward to sharing some really engaging and fun experiences in these subjects with you during our time together. Get ready for a weekend full of varied experiences.

In terms of art supplies we will provide almost everything but if you could bring some fun paper scraps:

Please collect random "fun paper" around your house, wrapping paper, magazines, newspapers, fun pattern paper, old notes and birthday cards,

photos, receipts, kids artwork, really anything – but especially look for PATTERNS and COLORS and WORDS that catch your eye. Just gather a small pile/collection....

I will also bring LOTS of this paper to share, so if you don't have any at home no worries!!!

It could be cold weather in the evenings, so please bring warm comfortable clothes.

If you have any questions you may contact me.

mholdt@yahoo.com or 415-420-8668

We'll have a fun unique weekend together and you will have down time to just hang with new friends or family (if they have joined you), too. Ghost Ranch is a place where magic happens and memories last a lifetime....

Thanks!

Michelle

Schedule

Meals...

Breakfast 7:30 to 8:30 AM

Lunch 12:00 to 1:00 PM

Dinner 5:30 to 6:30 PM

4/24 Friday Evening:

Welcome, Community Building, Opening Our Hearts 7:15-8:30 PM

4/25 Saturday AM:

Circle, Journal Making, Let's Start with Gratitude for EVERYTHING! 8:45 AM to

11:45 AM

Saturday Afternoon:

Mindfulness, Identity Collages & Gelli Printing 1:30-4:30

Saturday Evening:

Writing Time 6:45-8:15 PM

4/26 Sunday AM:

Compassionate Self Awareness & Intention Setting 9:45 AM to 11:45 AM