

ABOUT SWEATY SHEEP:

- ◆ **Who:** *Sweaty Sheep is a volunteer lead community partner seeking to enhance the missions of our non-profit community partners by providing relevant and intentional recreational opportunities to help overcome social, economic, situational and faith divisions.*
- ◆ **Why:** *Because everyone deserves to smile and play... and as individual pieces of a perfect whole, our coming together in diversity is the only way we may all grow!*
- ◆ **How do I get involved:** *We are still new and growing... there is no 'staff,' just a growing network of individuals who would like to share their passion for play with diverse folks. Let us know if you would like to host an event, have ideas for new ways to play, or want to share a passion for compassion in a unique way!*



Thanks to our partners:



JOIN THE FUN:

Here are the Details:

Dates: Sunday Feb 9th 3pm-

Friday Feb 14th 11am

Cost: Suggested donation \$100-300

Place: Zephyr Camp and
Conference Center, NV

www.zephyrpoint.org

***Several private cabins are available onsite...
Contact us ASAP for details and reservation.**

- ◆ **Included:**
 - ◆ Daily Yoga and Mindfulness
 - ◆ Heated lakeside Cabin (rooms 2-4pp)
 - ◆ Basic Bedding/twin beds (you may want to bring your own if you are picky!)
 - ◆ Various activities (games, movies, art, etc...)
 - ◆ Opportunities for ALL attendees to host activities (art, workshops, hikes, snowplay, yoga... So bring your passions!
 - ◆ Breakfast & Snacks (Bring some to share too!)
 - ◆ The cabin has a commercial kitchen that participants can use.
- ◆ **Not Included:**
 - ◆ Lunch & Dinner (there is a full buffet on-site, grocery/restaurants nearby and commercial kitchen in the cabin)
 - ◆ Ski lift tickets (We are less than 3 miles from Heavenly Ski Resort and will have a variety of options throughout to ski both xc and downhill)
 - ◆ Transportation to the resort (parking is included & we can help arrange carpooling)

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JOIN SWEATY SHEEP'S SNOWY SABBATICAL:

A Therapeutic Learning

Retreat to Address Mental

Illness & disability

Division & Stigmatization



Regardless of how hard try to be inclusive; for so long as we live within the limitations of labels or allow misperceptions to promote prejudice we will never achieve authentic acceptance.



www.sweatysheep.com



Forget your critical inner voice! You beautiful unique yellow snowflake.

WHAT TO EXPECT?:

These retreats are learning experiences and experimental in nature, thus ***we encourage all participants to ditch expectations*** and open themselves to interaction and the co-creation of an authentic and deliberative time of growth and mutual evolution. Expect laughter, tears, sharing and playing, art and games, dialogue and questions, and the formation of new friendships...

But expect it will be a little messy! Unscripted and designed, this retreat will serve to create a temple for future work. It is not a polished and perfected endeavor! So come with an open mind and open heart and EXPECT both mind and heart to be actively engaged.

-What do these Retreats 'look like?'

We invite you to view a video of one of our past Tahoe Learning/Therapeutic Adventure Retreats: <https://youtu.be/CW0S8EoaoIQ>

- SIGN UP AND LEARN MORE: <https://www.eventbrite.com/e/recreation-destigmatization-retreat-tickets-87591826511>

MENTAL ILLNESS?:

Depression, Anxiety, Bi-Polarity, etc, etc, etc... There are many labels and stigmas associated with Mental Illness in our community. Those misperceptions easily inhibit the authenticity and inclusivity of the larger community for individuals experiencing them.

Mental Illness can mean and can be triggered by many things. It is something that most individuals experience periodically throughout their lifetime in response to stress, situations, trauma, nutritional deficiencies, or transiency. Given our chemistry, genetics, and lifestyle some individuals are simply preconditioned to be more susceptible to, or show the symptoms of these 'illnesses.'

OUR MOTIVATION:

To create a safe and snowy winter wonderland which we may walk together in route to healing and de-stigmatizing Mental Illness and Disability!

In recognition of the gifts and wisdom each individual possesses in the mutual evolution of our the larger community, we seek to use this safe, creative, and serene setting as a space of which to cultivate life-giving and life-changing relationships that reveal the inner-beauty of each unique participant (or snowflake!)



everyone is safe and no-one completely comfortable!

OUR MISSION::

We believe in the POWER OF PLAY and seek to further our mission of 'utilizing arts and recreation to overcome social, economic, and faith barriers in the creation of a more cohesive community.

"We learn more through an hour of play than a lifetime of conversation" -Plato.
...we are on a mission to play our way to compassion and community.



We value vulnerability and authenticity... We value relationship and intention... We value YOU!

OUR AUDIENCE

You!!! Each of our 20 rooms will house both individuals living with mental illness or disability, whose passion lies in using their experiences to help educate others about ways of which to support, include and be aware of the various implications; gifts; and needs of their community.

So... We invite anyone (Community leaders, 'normal' neighbors, Pastors of any faith tradition, friends, and family interested in Mental Illness) who can come with an open mind, open heart, and desire to share about their own/learn from others experiences



We believe in Unity through (not in spite of) diversity!