



Dear South Florida Summer Workshop Participant:

Thank you for registering for FAEA's Baransu (Balance) Retreat Workshops! We look forward to your attendance and our time together in Boca Raton. FAEA members have been busy organizing the schedule and look forward to providing contemplative and enjoyable workshops for you.

You may find the following information useful as you prepare for your travel:

Suggested Hotels:

Hyatt Place Boca Raton, 100 E Palmetto Park Rd, Boca Raton, FL 33432, 561.672.7819
Courtyard by Marriott, 2000 NW Executive Center Cir, Boca Raton, FL 33431, 561.241.7070

Location and Parking:

Activities take place at MANY sites. Please make sure you check the schedule and give yourself time to park and walk to the facility.

There are parking lots at each facility. When visiting the Boca Raton Museum of Art, it is best to park in Garage A which is free. Please be sure to park on Level 2 as the Level 1 is for 3 hours of parking ONLY. (See map on right.)

Arrival:

Please arrive 15-20 minutes before the start of each day. Participant check-in takes place on Saturday morning, prior to the public opening of the Morikami Museum.



Activities/Workshops:

Some of the activities take place outdoors. Bring a water bottle, rain poncho/umbrella, sunscreen, insect repellent, comfortable clothing AND shoes. Also, bring a jacket/sweatshirt for the indoor activities.

Dining Options:

There are a variety of dining options provided. No reservations have been made. Call ahead of time to see if reservations are available.

Sponsors:

The following organizations have kindly provided reduced/free admissions and/or supplies. **Please support them by: making a donation, liking their Facebook page, and/or sending them a thank you!**



Schedule:

FRIDAY, JUNE 22:

DINNER SUGGESTIONS:

Kevin's Sushi & Thai - 954.418.3939 - 706 S. Federal Hwy, Deerfield Beach, FL 33441 (Yelp gave 4.5 stars)
Saito's Japanese Steakhouse – 561.218.8788 - 8841 Glades Rd, Boca Raton, FL 33434 (Yelp gave 3.5 stars)

SATURDAY, JUNE 23:

MORNING SESSION: 9am-Noon

Morikami Museum and Japanese Gardens (MMJG)
4000 Morikami Park Rd.
Delray Beach, FL 33446
561.495.0233

Two-Part Experience:

The Stroll for Well-Being (20 people)

A therapeutic garden walking program where participants immerse themselves in the natural beauty, peace and serenity of the gardens. A qualified facilitator leads participants through a themed walk with journal writing to encourage self-awareness and reflection to attain a better balance in life.

Calligraphy Workshop (20 people)

Guided by an instructor, learn how to write your name and some Japanese words with ink and brush, two traditional calligraphy writing implements in this hands-on workshop. Aspects of Japanese aesthetics and the Zen Buddhist Ensō Circle are incorporated into the class. Led by Rieko Nishioka

LUNCH SUGGESTIONS: Noon-2pm

Cornell Café at the Morikami - 4000 Morikami Park Rd, Delray Beach, FL 33446 (Yelp gave 4 stars)
The Sea SouthEast Asian Kitchen – 16950 Jog Rd, Delray Beach, FL 33446, 561.270.3569 (Yelp gave 4 stars)
Angelo Elia Pizza, Bar, & Tapas - 16950 Jog Rd, Delray Beach, FL 33446 561.381.0037 (Yelp gave 3.5 stars)
Kapow Noodle Bar – 431 Plaza Real, in Mizner Park, Boca Raton, FL 33432 561.347.7322 (Yelp gave 4 stars)

AFTERNOON SESSIONS: 230-4pm **Select One**

Boca Raton Museum of Art (BRMA)

501 Plaza Real
Boca Raton, FL 33432
561.392.2500 x105

Senbazuru for MSD and Tour of Museum (30 people max)

Working together, this workshop focuses on origami and the ancient Japanese legend of peace and happiness. Participants will assist with the creation of 1,000 cranes which will be donated to Marjory Stoneman Douglas High School. A tour of the Museum's works by Japanese or Japanese-American artist will conclude the afternoon. Led by Mary Cavaioli and Claire Clum

OR

Gumbo Limbo Nature Center

1801 N. Ocean Blvd. (A1A)
Boca Raton, FL 33432
561.338.1473

Tour of Gumbo Limbo (20 people max)

During the 1.5 hour guided tour, enjoy viewing the local tropical fish, stingrays, lobsters, and other marine animals in their four large outdoor aquariums. Visit their sea turtle rehabilitation, butterfly garden and coastal hammock forest on a ¼-mile mulched trail which leads to an authentic Seminole chiki hut on a white sandy beach, overlooking the Intracoastal Waterway (sorry, no wading or swimming allowed).

After the tour, cool off in the nature center while learning more about sea turtles and coastal habitats through interactive displays and live animal exhibits. We have an excellent nature gift shop located inside the center, where you will find marine themed jewelry, books, gift items and more.

You are welcome to explore the grounds on your own self-guided tour. Picnicking is not allowed in the park, however groups may request free parking passes to picnic at Red Reef Park (located ¼ mile south of Gumbo Limbo, on the east side of A1A), before or after their tours. There are tables, pavilions, restrooms, and boardwalks to take you over the dune to a beautiful beach. **An art activity led by Dr. Susannah Brown will follow the tour.**

EVENING SUGGESTIONS:

Dinner:

Kyoto Rock – 2433 N Federal Hwy, Boca Raton, FL 33431, 561.362.2388 (Yelp gave 4 stars)

Saito's Japanese Steakhouse – 8841 Glades Rd, Boca Raton, FL 33434, 561.218.8788 (Yelp gave 3.5 stars)

PF Changs – 1400 Glades Rd, Boca Raton, FL 33431, 561.393.3722 (Yelp gave 3 stars)

Kapow Noodle Bar - 431 Plaza Real, in Mizner Park, Boca Raton, FL 33432 561.347.7322 (Yelp gave 4 stars)

Activities:

Evening at the Beach

A1A and East Palmetto Park Rd.

Boca Raton, FL

Art Films at FAU Living Room Theaters – Films are not listed until a few days prior

777 Glades Rd, Boca Raton, FL 33431, 561.549.2600

SUNDAY, JUNE 24:

MORNING SESSION: 1030-Noon **Select One**

Boca Raton Museum Art School (BRMAS)

801 W. Palmetto Park Rd.

Boca Raton, FL 33486

561.392.2503

Japanese Culture Talk, Art Project and Sharing (20 ppl)

Art Teacher Mary Cavaioli presents an illustrated talk on Japanese culture followed by a studio workshop on Gyotaku Fish Flags and Japanese Numbers 1-10 banners.

OR

Morning Meditation with Art (20 ppl)

Participate in some relaxed stretching and mindfulness exercises to connect your mind, body, and spirit. Create art inspired by an exploration of the ancient idea of the seven chakras, or energy wheels located within the body. Color, sound, and symbols combine together, informing your personal chakra mobile, book, painted stones, or mixed media painting. Led by Lark Keeler.

LUNCH SUGGESTIONS:

Tomasso's Pizza & Subs – 1229 W. Palmetto Park Rd, Boca Raton, 33486 561.392.8985 (Yelp gave 3.5 stars)

Chick N Chop – 1345 W. Palmetto Park Rd, Boca Raton, 33486, 561.391.8700 (Yelp gave 3 stars)

AFTERNOON SESSION: 130-4pm: **Select One**

Boca Raton Museum Art School (BRMAS)

801 W. Palmetto Park Rd.

Boca Raton, FL 33486

561.392.2503

Printmaking Workshop (20 ppl)

Enjoy the creative and challenging printmaking process with Master artist and printmaker Pavel Ouporov.

OR

Ikebana Demonstration and Watercolor Painting (20 ppl)

Japanese instructor demonstrates the art of flower arrangement. Following the demonstration, participants use handmade paper to create a still life watercolor painting. Led by Betty McCarthy and Jerilyn Brown.