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Going on a Creativity Retreat

Written on March 30, 2012 by [Michelle](#) in [my life](#)



On Saturday I attended another fantastic workshop led by my professional crush, [Rosie Molinary](#), and her insightful, horse loving collaborator, Kris Batchelor of [Triple Play Farm](#). Equinox, the combined brainchild of Rosie and Kris, is a four-hour workshop combining equine assisted learning with a hodgepodge of creative montessorri-for-grown-ups styled stations, and of course Rosie's unique brand of female bonding and girl power. In addition to feeling inspired and motivated, I always leave Rosie's retreats feeling like I have a crop of new friends. (That's saying something for an introvert.)

The best moment of the day for me was seeing the buffet of art supplies waiting for us on the workshop table. Rosie and Kris know the one thing that impairs women's creativity in their every day lives is the daunting act of cleaning up, so they insisted we didn't pick up after ourselves. Moms, can you imagine?? Now I don't want to rub this in your faces, but in addition to making a big creative mess, I got to enjoy a soft croissant, cheese, a salted caramel cupcake, fresh berries, and diet coke while I did it! I asked Rosie if my creative pursuit for the day could be eating and while she was nice enough to say yes, I chose painting and writing.

Here's the thing. As a mom, I'm always saying no to myself so I can say yes to my kids. I woke early that Saturday morning, knowing I would miss my children's opening ceremony for softball and baseball, and I wondered why I was doing this. Why was I carving this precious few hours away from my family to...what?...to play?

Yep.

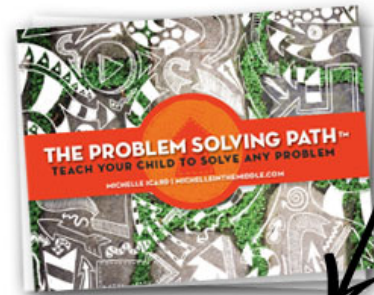
There was a moment during the workshop when I landed on a sharp new title and subtitle for my book. In the following hours, I felt a flood of inspiration wash over me – fun ideas for my upcoming workshop, insights for new blogs, tweaks for chapters in my book. Rosie explained that in preoccupying your brain with something creative, you distract your idea bully, that censor in your brain that says no, not yet, not good enough.

I hope you find a way to go on a creativity retreat yourself and turn off your idea bully. Say yes

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Mother-Daughter Workshop

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to yourself and try something new, big or small. If you are interested in playing at a Rosie retreat, follow your gut and go! You can find your opportunity [here](#).



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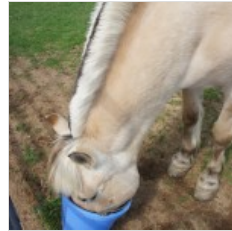
Participant group shot



Happily grazing



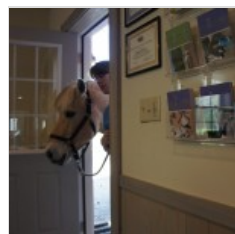
My mom is just cute.



Enjoying a snack



My mom by the barn



A curious horse

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5 Responses to Going on a Creativity Retreat

Ashley

March 30, 2012 | 1:22 pm

AHHHH! Now I wish I had gone with you. Looks like such a good time and something I could use to help me think about some business strategies. Maybe next time? (And I've never thought of you as an introvert!) (And your mom is cute!!)



[Reply](#)

Quinn Davidson

March 31, 2012 | 7:40 am

I agree Ashley! My idea bully told me not to go because I was not creative enough. Maybe my biggest bully is me?!



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Rosie

March 31, 2012 | 4:21 pm

Loved hearing your thoughts on the retreat, Michelle. That idea bully is insidious, isn't she/ he? So glad you were there! You always add so much to any gathering!



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Holly

April 2, 2012 | 10:43 pm

I love this!



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Upcoming Workshops | Rosie Molinary

April 3, 2012 | 8:28 am

[...] my big aha from the day, read this post. To hear a participant's thoughts on the day, read this post) and now we are planning our next big events at the farm. I am also really excited to be one of [...]



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