

Relationships

Help Expand a Movement Known as Squam

Four years ago, Elizabeth Duvivier had a high-powered job in product development. She had watched her company grow from a small, single-owner entity to a corporate behemoth and wasn't sure she had grown in the same way. She felt that the creativity and intuition she used to possess was slowly draining away. Drawing inspiration from local art festivals, she then had a vision for a creativity retreat at some rustic cabins on the beautiful shores of



Elizabeth Duvivier

Squam Lake in New Hampshire. The first year, Elizabeth shared a weekend retreat of small group classes and was stunned by the turnout. Women from all walks of life wanted to be inspired. Today, what is now known simply as "Squam" has expanded to four retreats per year that offer full-day classes in painting, writing, yoga, embroidery, sculpture, screen-printing, and other

non-traditional art forms.

Elizabeth chooses hip, under-the-radar teachers that include remarkable

designers, yogis, potters, and do-it-yourself gurus to instruct between 8 and 15 students. In addition to the arts, the fall retreat will offer classes in intuition taught by Marie Manuchehri, an energy intuitive and Reiki master, encouraging participants to detach from over-processing and tap into creative chakras via guided meditations. To date, Squam has not advertised, instead relying on a community of online bloggers to fill the retreats with attendees from as far away as Qatar and Japan. Squam also gives back with a worldly perspective — it is a proud participant in 1% for the Planet. From humble beginnings, Squam and its staff of creative women — determined to seek beauty in the everyday, sing out loud, and get their hands dirty — have begun a movement. For the first time ever, Squam is going international, with a retreat in Italy this October, holding sessions in a stunningly restored farmhouse in Abruzzo, overlooking the Adriatic Sea. (See squamartworkshops.com.) — COURTNEY SORRELL



EDITOR'S NOTE: If you would like to share your experience at a wonderful workshop like Squam, please let us know at editors@spiritualityhealth.com. We may choose to highlight your story in an upcoming issue or on our website.