



# First *Ichiyo* Art Retreat & Workshop

with Elaine Jo, Executive Master

Simpsonwood Conference Center, Norcross, GA

Monday–Wednesday, February 27 thru March 1, 2006

## Mission Statement:

Atlanta Ikebana Retreat will foster a viable Ikebana community in Atlanta area and promote interaction, camaraderie and friendship among Ikebana practitioners by providing a forum for those who live away from Atlanta, or are unable to attend weekly classes or wish to complement their regular weekly classes with an intense three-day Ikebana workshop in a retreat setting.

## PROGRAM:

### Monday, February 27

- 1:00 Opening of the Retreat, Introduction  
**Workshop 1: Ikebana in the Morning - Creative ikebana from the mind**  
Please bring a modern container
- 2:30 Calisthenics, Coffee break
- 3:00 **Workshop 2: Ikebana in the Evening - Natural ikebana from the heart**  
Please bring a *moribana* or *nageire* container
- 6:00 Dinner
- 7:00 Social hour with light refreshments

### Tuesday, February 28

- 7:30 - 8:30 **Optional Yoga**
- 7:00 - 9:00 Breakfast
- 9:00 - 9:15 **SEIZA (Meditation)**
- 9:15 **Workshop 3: 5 simultaneous demonstration from the Primary, Secondary, Assistant Instructor and Instructor Courses by members of the class with Technique narration including thoughts on taking Ichiyo paper tests.**  
Please bring container of your choice and design your arrangement from one of these courses.
- 12:00 Lunch
- 1:00 **Workshop 4: Arranging flowers under water in glass container**  
Please bring a clear glass container
- 2:30 **Calisthenics, Coffee break**
- 3:00 **Workshop 5: Creative ikebana holders**  
In this study you will not use a kenzan to keep your material in place. Driftwood, rocks, glass chunks, and other appropriate material will be provided.  
Please bring a *moribana* container.
- 6:00 Dinner
- 7:00 Social hour with light refreshments  
Video from Ikebana International 5th World Conventional

### Wednesday, March 1

- 7:30 - 8:30 **Optional Yoga**
- 7:00 - 9:00 Breakfast CHECK-OUT
- 9:00 - 9:15 **SEIZA (Meditation)**
- 9:15 **Workshop 6: Creative arrangement of your choice**  
Please design your arrangement in advance sometime during the conference
- 11:30 Group clean-up, Exhibition
- 12:00 Lunch
- 1:00 Departure