

# A Teachers-Only Retreat for Restorative Well-being

# RESTORE

## THE HEART



This process allowed me to write just for me. I leaned into my grief on my path toward healing. Thank you for offering a space where I could be vulnerable with others and connect in our shared humanity.”

—JENNIFER

Are you an exhausted teacher and seeking to revive your energy, process grief, and reconnect with your joy?

In this retreat, master facilitator Crystal Chan will tenderly walk teachers of all age levels through a writing process designed to refresh and revitalize. No writing experience necessary.

Studies have proven that naming one's experiences can bring significant lasting physical and mental health benefits. Participants are led through a gentle writing process where they will find clarity, meaning, and a deep sense of empowerment.

Participants will stream-of-consciousness freewrite their experiences, gently sift through what is most important and whittle away the rest. There will be individual reflection time, optional small group sharing, and follow-up opportunities to sustain one's renewal.



#### ABOUT THE FACILITATOR:

Crystal Meisaan Chan hosts regular care communities, embodied retreats, deep listening sessions, and is recognized for facilitating complex conversations with compassion. She is an internationally published children's author and storyteller on Wisconsin Public Radio.

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CRYSTAL *Meisaan* CHAN

To register or to gift this retreat to a teacher, go to:  
<https://linktr.ee/crystalmeisaan>

**LENGTH OF RETREAT:** 3.5 hours

**LOCATION:** Virtual via Zoom

**DATES:** Ongoing, visit link for current schedule

**FEE:** \$99-\$149, sliding scale. **100% satisfaction guaranteed**

#### QUESTIONS?

Email Crystal at: [crystal@crystalchan.net](mailto:crystal@crystalchan.net)