

AS&E STAFF RETREAT '22



UNIVERSITY of ROCHESTER

• UR'S SUCCESS BEGINS WITH ME! •

JUNE 7, 2022

10:00 -10:45 AM

GENERAL SESSION

Mind/Body Healing & Wellness

Speaker: Doug Guiffrida

Interim Dean Warner School, Professor of
Counseling and Human Development, Director
Mind/Body Healing and Wellness Certificate
Program

FELDMAN BALLROOM

11:00 AM - 12:00 PM

LUNCH/NETWORKING

Enjoy a Buffet Lunch while you network with
your fellow colleagues.

FELDMAN BALLROOM

BREAKOUT SESSIONS:

CHOOSE 1 EXTENDED SESSION OR 2 MINI SESSIONS

12:15 - 2:00 PM

CHOOSE 1 ACTIVITY-

****EXTENDED****

HISTORY/SCAVENGER HUNT

Good walking shoes encouraged.

You will be given a brief History of UR by Melissa Mead, President of Rare Books and Collections followed by a self guided scavenger hunt around campus. A cell phone will be needed to retrieve clues to your next location.

Starts in FELDMAN BALLROOM then
off to WALLIS HALL ADMISSIONS
DESK to scan your 1st clue!

**HISTORY/TRADITIONAL
CAMPUS TOUR W/GUIDE**

Good walking shoes needed

You will be given a brief History of UR by Melissa Mead, President of Rare Books and Collections followed by a traditional campus tour by meridian guides.

Starts in FELDMAN BALLROOM then
off to WALLIS HALL ADMISSIONS to
join your tour guide

ART WORKSHOP

You will be shown three demonstrations, one in collage techniques, one in simple printmaking and one in cyanotypes. You will then have the opportunity to apply what you learned.

SAGE ART STUDIO

**REGISTRATION IS LIMITED DUE TO ROOM/SEATING CAPACITY FOR SOME EVENTS
TO REGISTER GO TO THE FOLLOWING LINK: [HTTPS://WWW.EVENTBRITE.COM/E/330576211347](https://www.eventbrite.com/e/330576211347)**

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CHOOSE 1 ACTIVITY-

MINI SESSION

12:15 – 1:00 PM

MEDITATION SESSION/ INDIVIDUAL REFLECTION WALK

Take a purposeful pause. These meditation and reflection walk sessions are opportunities to learn practices that can help you become centered and recharge your batteries. Open to all levels of practitioners from beginners to advanced. Led by Rebecca Block, RYT 200 and Certified Koru Mindfulness Teacher, and director of the Mindful University Project.

DOUGLASS 401

SWING DANCE CLASS

Explore dance and movement as art, spiritual practice, community building, as well as personal and interpersonal development. New practitioners to experienced dancers who want to increase their knowledge and want to take a class for fun or exercise.

SPURRIER DANCE STUDIO
OR VIRTUAL

SCIENCE EXPERIMENTS

Closed toed shoes are required

This will be a mix of hands-on demos and some messier and more dangerous ones! The demonstrations will include six activities: **Screaming Gummy Bears:** Witness the exciting destruction of gummy bears through a common chemical change called oxidation. **Invisible Ink:** Learn to compose secret notes using household items to make invisible ink. **Triboluminescence:** Can candy glow? Try taking home wintergreen LifeSavers and breaking them in the dark. **Elephant Toothpaste:** Fun demo that produces a foam explosion large enough for an elephant. **Marbled Paper:** Learn to make beautiful marbled designs on paper. **Liquid Ice Cream:** Observe real time churning of ice cream using extremely cold liquid nitrogen, enjoy a fresh sweet treat!

HUTCHINSON HALL 115

COOKING DEMONSTRATION

You will participate VIRTUALLY in creating an ethnic Portuguese dessert, “Pastéis de Nata” with Teresa Valdez, Director of the Language Center. It is a crispy pastry filled with sweet, soft egg custard topped with cinnamon. You can find it in any “Pastelaria” across the country, although the original version is from Lisbon and can only be found at “Pastéis de Belém”, an iconic “Pastelaria” in the capital of the country.

VIRTUAL ONLY

*Virtual participants will be provided with the signature ingredient (to be picked up in the deans office prior to the scheduled event), pantry staples to be provided by participants

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1:15 - 2:00 PM

MEDITATION SESSION/ INDIVIDUAL REFLECTION WALK

YOGA

Appropriate clothing required.

SCIENCE EXPERIMENTS

Closed toed shoes are required

CHOOSE 1 ACTIVITY-
MINI SESSION

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DOUGLASS 401

Hindu spiritual and ascetic discipline, a part of which includes breath control, simple meditation, and the adoption of specific bodily postures, is widely practiced for health and relaxation.

SPURRIER DANCE STUDIO
OR VIRTUAL

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HUTCHINSON HALL 115

2:15 - 3:30 PM

NETWORKING RECEPTION

MEDITATION SESSION/ INDIVIDUAL REFLECTION WALK

CHOOSE 1 ACTIVITY-
MINI SESSION

Join us for a light reception at the conclusion of a fun day!
(hors d'oeuvres, beer, wine, soda)

FELDMAN BALLROOM

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