

EMBODYING DESIRE

a 2-Day Therapeutic Arts Retreat

May 22-24,
2026



play your way into

deeper connection



dani minuskin

*art therapist and
certified counsellor*



susie showers

*drama therapist and
relationship counsellor*

Benefits of the Workshop

Intimacy
flows
without
overthinking



Emotional
closeness
feels easeful,
not anxious



Drop people-
pleasing &
own what
thrills you



You express
your needs
with clarity &
confidence



Integrating art & drama therapy, relationship therapy, and trauma-informed somatic approaches, we explore how the emotional body behaves in relationships. We gently practice finding stability in discomfort and move through stress responses using artmaking and dramatic play to build capacity for joy, intimacy, and ease.

Weekend Schedule

**subject to change*

Express your voice through character creation, object-making, bilateral drawing, collage, story, games, play, poetry, painting, drawing, and multisensory meditation. All of this in a stunning beachside studio with cabin lodging, spa, kayaking, and open access to art materials.

Friday May 22 (7-9pm)

Opening Circle
Intention-Setting
Embodied Art-making

Saturday May 23 (10am-5pm)

Gender, sexuality, erotic & relational identities
Being with our somatic responses in conflict
Accessing safety within discomfort

Sunday May 24 (10am-5pm)

Communicating needs, boundaries, & consent
Negotiating touch and intimacy
Creative integration



May 22-24, 2026

Painted Sky Studio | St. Laurent, MB

Lakefront Retreat Centre

*Winnipeg Airport pick-up, shared
accommodation and catered meals included*



Fees

Workshop fee: \$619 (tax exempt)

**excludes accommodation and meals*

Room rates (per night + tax):

Single occupancy = \$75

Double occupancy (shared bed)= \$100

**Option to stay in sunroom at a discounted rate of \$50* (2 available)

Optional meal plan (per day + tax): **\$60**

Includes three catered meals per day

**Full kitchen access is available if there is a preference to cook your own meals*

Workshop fee includes:

- Arctic swim spa + infinity current and spa jets
- Art materials and open studio space
- Winnipeg airport pick-up and drop-off
- Private beach and kayak
- Access to nature trails and walking labyrinth



Register today to secure your spot: info@wheatinstitute.com

About Painted Sky Studio

The main home at Painted Sky Studio is a spacious 2400 sq. ft. lakefront house. It features multiple bedrooms and bathrooms, ensuring that everyone in your group has their own space. The fully equipped kitchen allows you to prepare meals just like you would at home, saving you money on dining out. And the living area provides a cozy space to relax and unwind after a day of activities.

Painted Sky Studio goes above and beyond to make your stay as enjoyable as possible. The private beach area is perfect for sunbathing, building sandcastles, or taking a refreshing swim in the lake. The lakeside deck is ideal for enjoying a meal with a view. And the hot tub/infinity pool is a perfect place to relax at the end of the day or wake up to for a morning swim or soak.

Painted Sky Studio is on a bird migration path allowing incredible opportunities for bird watchers, particularly in early May or in fall. We invite you to enjoy the wonder of meeting a variety of bird species up close here, whether it be bald eagle, owl, osprey, or great blue heron. Seeing these birds up close enhances our connection to the natural world. Give yourself permission to tune in to the simple beauty and magnificence of this Interlake lakefront and marsh front property. We encourage healthy, quiet, restorative getaways to allow you to return to your daily life refreshed, renewed and transformed. Experience distance from your routine at Painted Sky Studio.



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