

Arts and Crafts at Spa Camp

September 1, 2010



It was Sallie – colleague and fellow camper – who dragged me into the arts and crafts center my first day at [Camp Reveille](#) – Joan Lunden’s spa camp. (Joan hosts her 4 day Reveille retreat for women near the end of August each year.) Trust me, when there are spa activities available, the last thing I wanted to do was sit in a barn-like structure stringing beads or working with clay pots. But I did notice that there were a lot of women participating and they did seem to be having fun. The large assortment of beads and baubles did look interesting and all that sparkle reminded me of being in a candy store. Nevertheless, I passed.

That afternoon an odd thing happened. I attended “Chakra Balancing” where the instructor had us lie down and then used one of those pendulums over our various chakra points to “check our energy.” Well... my chakras were checking out pretty well according to the briskly swinging pendulum over various parts of my body. Then she got to the chakra point over my overhead and all of a sudden – nothing. No swinging. No energy.

She gently mentioned that this chakra point had to do with creativity and that possibly the creative part of me was suppressed.

Yea, right...if you believe that kind of thing.

Later that evening I got to thinking (a left brain activity, hint, hint) that much of my life is indeed filled with lists, emails, and analysis. There is very little right brain activity – virtually no music, painting, drawing or dance (and definitely no arts and crafts)!

So reluctantly the next day I accompanied Sallie to the jewelry-making room thinking that just maybe incorporating a little creativity into my day might do me some good.

Well, the beautiful blue and white speckled stones, silver pearls, and sparkly beads became mesmerizing. Before I knew it a couple of hours had passed and I had created an attractive piece of jewelry that goes perfectly with denim – in fact Joan’s mother-in-law liked it so much she asked if she could copy it!

I had been noticing that arts and crafts, photography and other creative classes have been popping up on more spa menus lately – especially at destination spas. Perhaps these creative experiences are just what are needed for some of us (the tech-connected, work-obsessed) to find balance.

Although I haven’t tested my creativity chakra post “spa camp,” I do feel that some of my inner child was nudged at Camp Reveille. Am already thinking about spa camp next summer. After all, I have another idea for a necklace and bracelet combo...