

ISEA Schedule 2023

Monday, Sept. 18

8:30am-9:30am Morning Wellness Workshop Choices - Cost \$25.00 pp

Yoga
Meditation
Drumming
Visual Journaling
Gentle Stretching

9:30am-3:30pm Arts Workshop Choices - Cost per day \$175.00 pp
(Lunch break at noon for 1 hour)

Surface Design & Textures in Clay
Woodturning & Woodburning
Cold Wax Painting
Experimental Mark Making – Drawing & Brushwork

3:30pm-4:30pm – Arts Demo Cost \$20 pp

5:00pm-7:00pm – Opening Reception in the Great Hall

ISEA members and community

Pianist/Vibraphone

Tuesday, Sept. 19

8:30am-9:30am Morning Wellness Workshop Choices - Cost \$25.00 pp

Yoga
Meditation
Drumming
Visual Journaling
Gentle Stretching

9:30am-3:30pm Arts Workshop Choices - Cost per day \$175.00 pp

(Lunch break at noon for 1 hour)

Woodturning & Woodburning

Assemblage Workshop

Mixed Media & Collage

3:30pm-4:30pm – Arts Demo Cost \$20 pp

5 pm-6:30 pm - Board and Committee member dinner – restaurant TBA

7:00pm-9:00pm – “In the Light of Hopper” Film Cost – N/C but please register.

Wednesday, Sept. 20

8:30am-9:30am Morning Wellness Workshop Choices - Cost \$25.00 pp

Yoga

Meditation

Drumming

Visual Journaling

Gentle Stretching

9:30am-3:30pm Arts Workshop Choices - Cost per day \$175.00 pp
(Lunch break at noon for 1 hour)

Woodturning & Woodburning

Cold Wax

Mixed Media & Collage

Plein Aire Painting

3:30pm-5:30pm – Arts Demo – Golden Rep. Cost N/C but please register

Optional – Free evening or choice 6 to 8 pm:

(Please register for only one of these)

Cooking Class in the Simoneau Kitchen Cost \$70 pp
Live Painting from the Figure Cost \$70 pp

Thursday, Sept. 21

8:30am-9:30am Morning Wellness Workshop Choices - Cost \$25.00 pp

Yoga
Meditation
Gentle Stretching

Free Morning – Cranberry Bog Tours

Apple Picking
Beaches
Bike Paths
Galleries, etc.!

4:30pm-7:00 pm Photo Tour (location tba) (max-15 to 20 depending on transportation available) Cost \$80 pp

Evening – Great Local Restaurants on your own, Cape Cod Music Room
Live Music, Live Theater, etc.!

Friday, Sept. 22

Friday Morning Wellness Workshop Choices – Cost \$25.00 pp

Yoga
Meditation
Gentle Stretching

Free Day – Whale Watching

Dunes/Photographic Trip
Provincetown Galleries
Local Museum & Art Centers

Audubon Walks, etc!

3:30pm-4:30pm Demo – Cost - \$20 pp

Friday Night – Dinner & Awards Ceremony in the Constantinidis Great Hall

Cost \$65 pp

OPEN STUDIO TIME AVAILABLE – Cost N/C

Please register at the Cultural Center of Cape Cod

Tuesday – September 19 - 4:30 pm - 5:30 pm – Open Studio Time

Wednesday – September 20 – 6:00 pm - 8:00 pm - Open Studio Time

Thursday – September 21 – 12:00 noon - 3:30 pm - Open Studio Time

Friday – September 22 - 9:30 am - 3:30 pm - Open Studio Time