

THE MIDSUMMER SUN

A CREATIVE REJUVENATION RETREAT

Rediscover your creativity in the
serene and inspiring Finnish
archipelago

Join us this summer for a three-day **Creative Rejuvenation Retreat** designed to awaken imagination, restore balance, and deepen connection to your creative self in the beautiful Finnish archipelagos.

DATES: JUNE 4, 2026 - JUNE 7, 2026

What to Expect:

Over 3 immersive days, you'll experience a blend of guided workshops, independent creative time, and restorative leisure in breathtaking surroundings.

- Four guided workshops (2 hours each) combining group and individual work
- Collaborative and independent creative time
- Evening saunas and accommodations at The Vaihela archipelago hotel
- Welcome dinner to kick-off the retreat
- Transportation to/from Turku train station to the island

Workshops will draw from visual arts, sound, creative writing, and movement, offering multiple entry points into creative expression. The approach is research-based, inspired by the Creative Methodologies Course developed at the University of Helsinki Doctoral School (2022-2024).

Who is This For?

The retreat welcomes anyone who wishes to:

- Engage the full range of sensory experience in creative work.
- Develop or refine a project (writing, painting, music, or personal inquiry)
- Receive supportive feedback and inspiration in a nurturing environment.
- Looking for a creative escape into nature

Languages:

Sessions will be held in English or bilingually in English and Finnish, depending on participants' preferences.

You are welcome to work in the language that feels most natural to you.

PRICE: 925 USD incl. VAT

NOTE: The retreat has limited spots, available on a first-come, first-served basis.

Unleash your creativity in the magical atmosphere of the Finnish archipelago.

The Vaihela archipelago hotel

The Vaihela Archipelago Hotel is a unique archipelago village complex, the likes of which cannot be found anywhere else. A high-quality countryside hotel, an atmospheric restaurant and stunning archipelago landscapes guarantee a memorable experience.

The Vaihela Archipelago Hotel is located in the scenic and exciting Turku archipelago, on the island of Velkuanmaa, just 45 kilometers from the center of Turku.



Some more information about the retreat

What's Included with Registration fees?

- 4 Workshop sessions: Creative workshop themes include sonic, visual, movement, and creative writing.
- Accommodations: 3-night stay (breakfast included) at Vaihela archipelago Hotel.
- Welcome dinner and drinks: Held the evening of June 4th. Three-course meal with wine package pairing.
- Supplies: We provide all artmaking materials required for the workshops.
- Facilities: Access to 1 hr evening saunas on 5th and 6th June.
- Supportive Environment: A safe, inspiring atmosphere encouraging creativity, play and self-expression.
- Transportation to and from Vaihela from Turku Train Station on June 4th and June 7th. Pick-up at 14:00 on 4th June and drop-off at 12:00 on 7th June.

What's NOT Included with Registration fees?

- Flights or Train Travel to Turku: Participants are responsible for arranging their own flights or other forms of transportation to Turku Train Station. The retreat pickup is at 14:00 on 4th June from Turku Train Station.
- Insurance: Travel and health insurance are not provided by us.
- Lunch and dinner on 5th June and 6th June. Participants can choose from a great selection of dishes from the Restaurant Cork at Vaihela Hotel.

NOTE:

Conference fee with accommodation (only 11 spots available): 925 USD incl. VAT

Participation fee to retreat without accommodation (only 9 spots available): 550 USD incl. VAT

Participants who are interested in arranging their own accommodations are welcome to book directly through Vaihela Hotel.

The Mid Summer Sun: Creative Rejuvenation Retreat

Retreat Agenda

4.6.2026

14:00 Pick up from Turku Train Station (Scenic route along the way where you can enjoy two ferry trips)

15:30 - 16:00 Arrival and Check-in with welcome drinks

16:00 - 17:00 Orientation (Optional)

18:30 - 21:00 Welcome dinner and wine

5.6.2026

09:00 - 10:00 Breakfast

10:30 - 12:30 Workshop Session 1: Moving Outdoors: Embodied Attunement In More Than A Human World

12:30 - 13:30 Lunch break

13:30 - 15:30 Workshop Session 2: Material Objects Interviews (MOI): The Art of Noticing

15:30 - 16:00 Coffee and Tea

17:00 - 18:00 Sauna

18:00 onwards Participants are free to spend the evening as they wish



6.6.2026

09:00 - 10:00 Breakfast

10:30 - 12:30 Workshop Session 3: Sounding Presence: Listening Beyond the Ear

12:30 - 13:30 Lunch break

13:30 - 15:30 Workshop Session 4: Writing Through Resistance: Creativity as a Journey

15:30 - 16:30 Coffee and Tea with closing remarks

17:00 - 18:00 Sauna

18:00 onwards Participants are free to spend the evening as they wish

7.6.2026

09:00 - 10:00 Breakfast

10:00 - 11:00 Check out

~13:30 Drop Off at Turku Train Station

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WHO ARE WE?

We are members of the non-profit organization Arts Education Foundation. We strive to advance local and international communication across a variety of arts and science inspired fields.

Workshop Instructors

DR. RACHEL SINQUEFIELD-KANGAS

Rachel earned her M.Ed. in Curriculum & Instruction at the University of Missouri and her Ph.D. at the University of Helsinki in the faculty of Educational Sciences. Rachel worked in the U.S as a K-12 public-school art teacher and museum educator. Currently, Rachel is a postdoctoral research fellow for the project “Children of the Anthropocene-Atmospheres”.

DR. ESSI IKONEN

Essi is a teacher and researcher with a passion for creative ways of knowing. She holds an M.Soc.Sc. with a major in philosophy and earned her Ph.D. in education from the University of Helsinki. Her research interests include imagination, dialogue, listening and creative writing.

Retreat Coordinator and Host

DR. USHA MOHANRAJ

Usha is a scientist and business strategist currently serving as Commercial Lead for a Finnish research institute. After earning her PhD from the University of Helsinki, she now focuses on blending her scientific roots with her passion for creative expression and innovative project management during her free time.

GET IN TOUCH WITH US!

For inquiries and further questions email at us:
info@artseducationfoundation.org
