

Corporate Retreats

ABOUT CM&CO RETREATS

Camille Rennie is a movement artist and wellness practitioner with over 10 years of experience of regenerating community in organizations through a creatively embodied lens, integrating dance art, movement therapy, and inquiry-based self and peer assessment practices as tools for personal progress and group evolution. As a millennial African American woman with a deep Christian experience and a yogic worldview, Camille curates environments for participants that are universally heart-centered and that hold space for people to explore emotional belonging, healthy ecosystems, authentic individual expression, collaborative dreaming, visioning, and planning, and ultimately, gain clarity and understanding in what's next for themselves and their community.

CREATIVE AND WELLNESS CORPORATE RETREATS

Retreat experiences can be designed for any community, organization, corporation, team, or group of family and friends with the intention of building creative community and togetherness through holistic areas such as: mind-body connection and responsibility, conscious leadership principles, refining social-emotional intelligence, discovering yogic methods and practices for regulating health and lifestyle, meditation-based vision & goal setting, or any other areas of interest for your group. Classes can range for half (4 hours) or full (8 hours) days from a period of one to five days. In some cases, additional staff may be required for your reservation depending on services in availability. Please inquire for more details.

SERVICES OFFERED

- Power Yoga (vinyasa flow, full body system awakening)
- Restorative Yoga (slow, deep release yoga with hands-on assistance optional)
- Gentle Flow Yoga (easeful stretch flow for opening and mobility, hands-on assistance optional)
- Silent Hike
- Guided Reflection
- Large Group Check In
- Meditation
- Pranayama (breathwork) techniques
- Community Dance Classes (salsa, jazz, ballet, contemporary, and modern styles, from adult beginner to advanced levels)
- Closing Ceremony
- Massage (*additional fee)

ADDITIONAL GROUP WORKSHOPS OFFERED

- Morning Mindfulness - Creating/Fortifying a daily routine
- Creative journaling/drawing with prompts for self-reflection
- Creative Vision & Goals workshop session
- [Liz Lerman's Critical Response Process](#) for constructive, inquiry-based feedback method for sharing your works-in-process with team/community

ABOUT CAMILLE

Camille Rennie is originally from Somerset, New Jersey and began her professional dance training with PHILADANCO!'s 2nd company while earning a BFA in dance from Temple University. She then performed extensively in concert dance, musical theater, and Latin ballroom, and later went to Rutgers University to obtain her MFA in dance. For her thesis, she choreographed and produced the evening-length dance production of Ella's Trip (2019), and subsequently published part of her written work in *Black Dance Magazine* (2020). Camille's choreography has since been presented by Rutgers University, Stockton University, Dance New Jersey, WestFest Dance Festival, BAAD! Bronx, and coLAB Arts, along with many other schools and institutions of dance. She also served as Choreographer for regional productions with the Tony Award-winning, Crossroads Theatre Company. Camille is the Founder, Director, and Choreographer of Company of Collaborative Artists (CoCA) www.cocamoves.com, a university adjunct professor in dance and somatics, and a certified yoga instructor (RYT-200 hr).

Links:

[CoCA Website](#)

[CoCA YouTube](#)

[CoCA LinkTree](#)

[Camille's LinkedIn](#)

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