

Lyda Hill
Institute for
Human Resilience

The Arts & Resiliency Gathering

Oct 25-29



CELEBRATING RESILIENCE THROUGH THE ARTS
A WEEKEND OF DANCE, MUSIC, POETRY, & WORKSHOPS

ARTISTS

David Dorfman Dance
Dance Company (NYC)



Ashley Cornelius
Poet Laureate



Stephanie Winters
Cellist & Productivity Coach



Katie Down
Creative Arts Therapist



Robert Gray
Freelance Photographer



ARTIST WORKSHOPS

Poetry & Resilience

Music & Movement

Photography & Storytelling

Dance & Choreography

Immersive Sound

Relaxation & Wellness

Listening & Mindfulness

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MORE**



resilience.uccs.edu/arts-gathering

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