



## ***Mindful Creativity Retreat***

Saturday 6th of July 2024,  
at Soulands, near Dacre, Cumbria.

**Join us at the beautiful Soulands Studio, overlooking the  
Ullswater fells, for a Mindful day of Meditation and  
Movement, Art, and Creative Writing.**

**10 AM – 5PM**

With Jacci Bulman (Meditation), Lelia Tanti (Art), Kathleen Jones and  
Venetia Young (Creative Writing and Narrative Therapy)

Tickets £65 (10 places only)

For details see:

**[www.thelovethatweare.org/events](http://www.thelovethatweare.org/events)**

You can e-mail Jacci to book a place on  
*[info@thelovethatweare.org](mailto:info@thelovethatweare.org)*

We hope you can join us for a very special day of mindful creativity!