

## The Mindful Creativity Retreat Programme

Please arrive between **9.30 and 9.45 AM** so that we can begin promptly at 10.00 AM

**10.00 – 10.45 AM** Introduction to Mindfulness followed by the ‘Hourglass Breathing Space’ Meditation with Jacci.

**11.00 – 11.45 AM** Mindful Art with Lelia

**12.00 – 12.45 PM** Mindful Creative Writing with Kathleen

**12.45 – 1.45 PM** Lunch.

**1.45 – 2.30 PM** Mindful Movement with Jacci

**2.45 – 3.30 PM** More Art with Lelia

**3.45 – 4.30 PM** Narrative Therapy Writing with Venetia.

**4.30 – 5.00 PM** Sharing our day’s experiences and creations if we choose. Closing reflections

**The workshops today** will give us skills to develop and practice mindfulness, both formally in meditations and in our daily lives. They will help us to find insight and creative inspiration from our own awareness of being ‘in the moment’.

**Jacci Bulman** is a qualified yoga therapist, Angelic Reiki healer and Mindful Meditation teacher. We shall look briefly at what mindfulness is as a way of ‘being’ rather than ‘doing’. Understanding how we can let go of worrying about the future, or remembering the past, and be more fully present in the experience of now. Discovering how we can praise ourselves for noticing when we are being distracted during meditation – as this noticing is mindfulness in action!

### ***Morning Meditation – The ‘Hourglass’ Breathing Space.***

The ‘Hourglass’ Breathing Space involves developing an awareness of our physical body sensations, thoughts and emotions, and then closer focus on our breathing, followed by spreading out our awareness to sounds and the life and space around us. This useful practice teaches us about *grounding* ourselves in our body, *anchoring* deep within, and then *expanding* our connected awareness. We then learn how to protect our boundaries and contain our own energy inside, while being engaged in the world.

### ***Mindfulness in Movement.***

Learning the ‘10 Mindful Movements’ of Thich Nhat Hanh, who was a great Buddhist monk and teacher. How can slow mindful movement with awareness of our breathing be of great value in our meditation practice, creativity, and daily lives? We learn and practice these simple, gentle movements, to help us ease, stretch and revitalise ourselves into the afternoon.

**Lelia Tanti:** I am an artist, retired psychotherapist / social worker. My primary interest is drawing the human figure - a subject that has fascinated artists since time immemorial. Our two 45-minute-long drawing workshops should probably be called 'looking/ seeing' workshops, where we will be focussing on the experience of close observation with drawing as our assistant rather than the star.

The **first workshop** in the morning will be drawing the figure. I like to think of drawing from life as an act of reverence - the object being always the process rather than the end result.

In the **second workshop**, in the afternoon, we will be casting a meditative gaze at our own reflection.

Please bring with you: A sketch book with plenty of blank pages (any size will do), a couple of pencils (maybe a B and B2), a few coloured pencils and a sharpener, a small tabletop mirror (or hand-held mirror if you don't have the former). I look forward to seeing you.

**Kathleen Jones** is a full-time writer of poetry, biography and fiction. She believes in the power of imagination and that everyone has their own story. In her Creative Writing workshop, she will help you to discover yours.

Please bring paper and pens and be prepared to surprise yourself.

**Venetia Young** is a retired family doctor and family therapist. She has been trained by Dr Lewis Mehl Madrona (a Native American family doctor and psychiatrist) in indigenous ways of storytelling for healing. In her Narrative therapy writing workshop you will be invited to see and write about an occurrence in your life through the eyes of nature.

Please bring paper and pens.

### **Practical things:**

Please park by turning right at the **post box** on the road, just *past* the farmhouse entrance, and entering the car park. For directions, please see the Soulands Studio website:  
[www.soulandsstudio.com](http://www.soulandsstudio.com)

Between each workshop there will be a 15-minute break and we shall provide cold drinks/nibbles.

Please bring your own packed lunch. At lunchtime we shall provide hot drinks.

If the sun is out, there are benches to sit/create outside, so please bring sunhats etc if you wish to do so.

*Note: The Mindful Meditation session is not suitable for people with epilepsy or strong asthma. The Mindful Movement session is very gentle, and people can move to their own personal capacity. Please check with a doctor if you have any physical concerns about gentle movement. Please contact Jacci on [info@thelovethatweare.org](mailto:info@thelovethatweare.org) if you have any questions about the day. We look forward to you joining us for a wonderful Mindful Creativity Retreat!*