

Winter Writing Workshops



Give Yourself the Gift of Stillness

at Pistyll Gwyn Retreat Centre, Abergorlech (nr. Brechfa)

Midwinter Retreat Saturday, 15th December 2012 10 to 4
New Beginnings Retreat Saturday, 12th January 2013 10 to 4

Settle into the quiet of Midwinter on the edge of Brechfa Forest. In December's workshop there will be the opportunity to contemplate the past year and record its achievements, grieve its losses, or simply enjoy time on your own to write and reflect in a warm and nurturing atmosphere.

In January, the focus of the workshop will be looking ahead into the New Year and preparing for new growth. Both days will provide a supportive environment to explore your creativity and learn new skills for self-expression.

Angie Rekers will facilitate creative writing techniques, including art journaling, to express thoughts and feelings, sort through and record life experiences, make decisions and articulate aspirations. There will also be time for you to work on your own and find indoor or outdoor space for solitude.

Come as you are; no previous artistic & literary experience or skills necessary.

Cost: £25 for each day or book both workshops in advance for £40.

(concessions available, please enquire)

For more information or to book, please contact Angie on 07776 383 429 or email rekerspower@yahoo.co.uk