



# Springtime for the Soul

**A day retreat to welcome  
the season** (including labyrinth)  
guided by Brian Draper

[www.briandraper.org](http://www.briandraper.org)

at **THE WIGWAM RETREAT CENTRE, BOTHY 5  
RIDDLESWORTH, NORFOLK IP22 2SZ**

**Thursday 23 April 2020**

**10.00am to 4.00pm**

**Cost: £35**

(concessions available to those on a low income)



We're delighted to welcome Brian Draper to the Wigwam for one of his much loved spring-time retreats, which incorporate times of inspirational guided reflection with the space to step outside, breathe the air, welcome the season and – as the day's focal point – walk our open-air grass labyrinth.

Brian writes, "I'm thrilled to be back at the Wigwam, as we've had so many profound times there in recent years. The centre and its grounds provide a wonderful context in which to settle in to a spacious stillness, as we quieten our restless minds and let God, and nature, speak."

He continues, "It's so good for the soul when we pause to reconnect with what matters most. But it's not always easy to know how to do that. I'll provide the prompts as we go in search of a renewed sense of communion with the Creator, and the rhythms of Creation. My prayer is that you leave refreshed, re-orientated and reinvigorated!"

Brian Draper is author of *Soulful Nature: A Spiritual Field Guide* (published this January) – as well as *Soulfulness: Deepening the Mindful Life*, *Less is More: Spirituality for Busy Lives* and *Labyrinth: Illuminating the Inner Path*. He is a writer, speaker and broadcaster, and often appears on BBC Radio 4's *Thought for the Day*. Brian is an experienced retreat guide, and has led walking retreats for many years in Hampshire – one of which was recently featured on Clare Balding's Radio 4 *Ramblings* programme.

**TO MAKE  
A BOOKING**  
please complete  
the booking form  
overleaf and  
return it with  
your payment.

Wigwam Retreat Centre,  
Riddlesworth,  
Norfolk IP22 2SZ  
Tel 01953 681 741

Personal  
Wholeness Trust  
10 The Broadway  
Woodford Green  
Essex IG8 0HL

Tel. (020) 8491 0222  
Email: [pwtcf@aol.com](mailto:pwtcf@aol.com)  
[www.wigwamretreats.co.uk](http://www.wigwamretreats.co.uk)

Providing professional counselling  
services and spiritual direction

Director: Rev DJ Blackledge

Charity registered in England  
No. 1000837

Helping to promote  
wholeness within  
the community

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BOOKING FORM

*Springtime for the Soul*  
**A Day Retreat to welcome the season**  
(including labyrinth) with Brian Draper  
at **THE WIGWAM RETREAT CENTRE, BOTHY 5**  
**RIDDLESWORTH, NORFOLK IP22 2SZ**  
**Tel 01953 681741**  
(FOR USE ON RETREAT DAY ONLY)

**Thursday 23 April 2020, 10.00am to 4.00pm**  
**Cost £35 (concessions available to those on a low income)**  
**includes teas, coffees, light lunch**



NAME .....

ADDRESS .....

HOME PHONE NO. ....

MOBILE PHONE NO. ....

EMAIL .....

Please state any special dietary needs here:

.....

I enclose my contribution of £35.00 for the day

Please make cheques payable to the Personal Wholeness Trust  
and send with your booking form to:

**Les Crossland**  
**10 The Broadway**  
**Woodford Green**  
**Essex IG8 0HL**

For further information please email Les at [pwtcfl@aol.com](mailto:pwtcfl@aol.com)  
or call 0208 491 0222

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