



Springtime for the Soul

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

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
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

www.wigwamretreats.co.uk



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

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ADDRESS

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HOME PHONE NO.

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MOBILE PHONE NO.

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EMAIL

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Please state any special dietary needs here:

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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 pwtcf@aol.com
or call 0208 491 0222

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