



Autumn Stillness A Day Retreat with Brian Draper

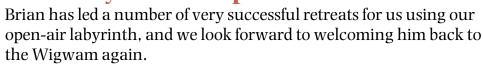
at THE WIGWAM RETREAT CENTRE RIDDLESWORTH, NORFOLK IP22 2SZ Wednesday 18 October 2017

www.briandraper.org

Wednesday 18 October, 10.00am to 4.00pm

Cost: £28 (concessions available to those on a low income)

Guided by Brian Draper



He writes, "I love coming to the delightful Wigwam centre, and to walk its wonderful labyrinth! This retreat day will focus gently in on the themes of autumn – with its mists and mellow fruitfulness. We'll use John Keats' ode *to Autumn* for inspiration, as well as the great outdoors itself, as we explore what this rich and beautiful season has to teach us."

Brian continues, "We use a rhythm of gently guided reflection throughout the day, combining individual time for space and rest with the opportunity to share wisdom between the group as a whole. It's a lovely setting, and we always seem to experience a sense of stillness and depth which is both restorative and re-invigorating."



Wigwam Retreat Centre, Riddlesworth, Norfolk IP22 2SZ Tel 01953 688 303

Personal Wholeness Trust 10 The Broadway Woodford Green

Essex IG8 OHL

Tel. (020) 8491 0222 Email: pwtcfl@aol.com www.wigwamretreats.co.uk

Providing professional counselling services and spiritual direction Director: Rev DJ Blackledge

Charity registered in England No. 1000837

Brian Draper is author of *Labyrinth: Illuminating the Inner Path*, as well as *Soulfulness: Deepening the Mindful Life, Spiritual Intelligence: A New Way of Being*, and *Less is More: Spirituality for Busy Lives*. As an experienced retreat leader he has guided countless people around labyrinths. He is a writer, speaker and broadcaster, and often appears on BBC Radio 4's *Thought for the Day*.

To make a booking please either complete the attached booking form, contact Les Crossland at pwtcfl@aol.com or telephone 0208 491 0222.

Helping to promote wholeness within the community

www.wigwamretreats.co.uk



BOOKING FORM

Autumn Stillness A Day Retreat with Brian Draper

at THE WIGWAM RETREAT CENTRE, RIDDLESWORTH, NORFOLK IP22 2SZ Tel 01953 688 303

(FOR USE ON RETREAT DAY ONLY)

with BRIAN DRAPER

Wednesday 18 October 2017, 10.00am to 4.00pm Cost £28 (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:	
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> For further information please email Les at pwtcfl@aol.com or call 0208 491 0222

Please make cheques payable to the Personal Wholeness Trust

I enclose my contribution of £28.00 for the day

and send with your booking form to:

Les Crossland

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