



Springtime for the Soul

**A DAY RETREAT TO EMBRACE
THE SEASON** (including the labyrinth)
Guided by **Brian Draper**

www.briandraper.org

at **THE WIGWAM RETREAT CENTRE, BOTHY 5
RIDDLESWORTH, NORFOLK IP22 2SZ**
Friday 10 May 2024
10.00am to 4.00pm, Cost: £45



We're delighted to welcome Brian Draper back 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, "It's always a blessing to come to the Wigwam – we've had so many profound times there in recent years. It's a wonderful context in which to settle into 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."

Brian is author of *Soulful Nature: A Spiritual Field Guide* - 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, broadcaster, and an experienced retreat guide, who especially loves to get outside with others to savour Creation!

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

Wigwam Retreat Centre,
Riddlesworth,
Norfolk IP22 2SZ
Tel 01379 730 107

Personal
Wholeness Trust
10 Crescent Road
South Woodford
London E18 1JB

Tel. (020) 8504 1228
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

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RIDDLESWORTH, NORFOLK IP22 2SZ
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(FOR USE ON RETREAT DAY ONLY)

Friday 10 May 2024, 10.00am to 4.00pm
Cost £45
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 £45.00 for the day
Please make cheques payable to the Personal Wholeness Trust
and send with your booking form to

Keren Payne
10 Crescent Road
South Woodford
London E18 1JB

• To pay online please pay to

Account name Personal Wholeness Trust
Sort code 20-52-74
Account No 90714100

PLEASE USE REFERENCE: Retreat + Your Name

For further information please email Keren at pwtcfl@aol.com
or call 020 8504 1228

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