

Still Waters



Creativity and Stillness
for all ages:
Refreshment for the Soul
SATURDAY 17 April 2010

3 pm - 6 pm in Chelmondiston

Our theme this month is **PEACE** and is a guided workshop for all ages (children under 5 must be accompanied by an adult).

We have a time of stillness and response through our creative activity of making a community mosaic. No experience necessary and all materials provided.

Cost: £7.50 to include afternoon tea (children half price).

Early Bird Discount: £6.00 and £3.00 if booked and prepaid by 12 noon two days before the event.

Booking: Please phone Jane Goyder on 10473 328314 or book online at our website www.reshapers.org

Tree of Life consists of a group of people on the Shotley Peninsula who organise a monthly programme of events to foster the creative spirit.

TREE OF LIFE EVENT

**Saturday 15 May 2.00 – 6.00 pm in Harkstead Village Hall
and beach (weather permitting)**

**A Spring Celebration in Indian and European
traditions** led by Caroline McKenzie and Jane
Chevous



We gather to celebrate the colour and chaos of Spring with chanting, silence, a labyrinth walk, playing 'Holi' (an Indian custom of throwing colours), eating, lighting bonfires and storytelling.

Booking: Please phone Jane Goyder on 01473 328314 or via our website: www.reshapers.org/retreats.

Cost: £15.00 to include lunch and refreshments.

Early Bird discount: £12.50 if booked and paid for at least 48 hours in advance.

Children: half price.

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