

TREE OF LIFE 2009

Events for **APRIL**



The Power of music

A creative day of relaxation, meditation and stimulation.

**25 April 2009 10-4.00pm Harkstead Village Hall
(7 miles approx. south of Ipswich)**

Led by Ray Travasso: Music therapist at St Elizabeth Hospice Ipswich

A day of music making that will be fun for musicians and non musicians alike using a variety of instruments. Time for listening to music and responding to its healing power in our lives.

Ray Travasso is a professional music therapist working in palliative care for children and adults. His is a tutor for the Nordoff-Robbins course in London and Manchester and a clinical supervisor. Ray is experienced in music for liturgy and is a regular speaker for BBC Radio 2 Thought for the Day programme.

Tree of Life is a group of people interested in creating spaces for spiritual and holistic growth. A regular programme of events is planned, including quiet days, workshops, walks and

retreats, for more information on Tree of Life, please see our website: People of all faiths and none are welcome to come and explore

Booking - it is helpful if you book for catering purposes. Please contact for details www.reshapers.org/retreats or marian.carter@btinternet.com or Marian Carter 80 Woodlands Chelmondiston, Suffolk IP9 1DU. Tel 01473 780259.

Still Waters

Creativity and Stillness
for all ages

Saturday 11th April
2009 3pm-6pm

Pin Mill Sailing Club

Afternoon tea & materials provided

A monthly workshop by the waters edge: share a time of quiet on a special theme and try a new creative technique each month.

April Our theme is New Life and we will learn some recycled crafts

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Cost Donation with suggested cost

