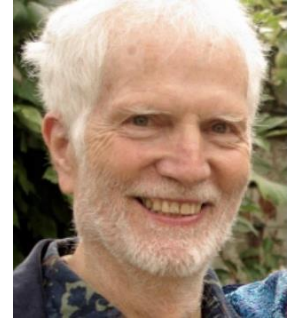


Nourishing Ourselves & Our World

Mindfulness and Expressive Writing Retreat



A 6-day retreat in the glorious setting of Myres Castle, combining meditation, mindful movement and expressive writing.

*It gives form to chaos.
It reflects the present moment,
Changes the past
And creates the future.*
from 'Why Writing?', Victoria Field

- ▶ **Stop and rest, and appreciate the goodness of life, despite it all.**
- ▶ **Honour your feelings in response to your own suffering and the suffering in our world.**
- ▶ **Connect with your heart-felt values and gain new perspectives, seeing with new eyes.**
- ▶ **Enjoy the process, letting go of striving for results.**

- ▶ **Write from the body, in stillness and movement**
- ▶ **Write from immersion in nature**
- ▶ **Trust the imagination to surprise you with new insights**
- ▶ **Gain clarity about what you can do in solidarity with others, to make positive changes for your self and for our world**

Who: [Ratnadevi](#) and [Sukhema](#) (aka Larry Butler)

When: 14th to 19th November 2022

Time: starting from 4pm on Monday ending after lunch on Saturday.

Where: [Myres Castle](#) in Fife

Cost of retreat: £430.00 (apply for concession)

The retreat is limited to 14 people

Please book by 15 October.

To book download an [application form](#) or email Ratnadevi info@livingmindfulness.net or Sukhema playspacepublications@gmail.com

in association with Lapidus Scotland