

Emergence

This two-day weekend workshop based in the Lake District is designed to help individuals and therapists explore ways of working with the human connection and disconnection with self and the natural world.

Nab Cottage,
Rydal Water



***Everything in Nature contains all the powers of Nature.
Everything is made of hidden stuff.***

Ralph Waldo Emerson

For £250 for the two days you will be introduced to working with methods to recuperate, regain energy and learn techniques for therapeutic practice for self or others.

What changed in the United States with Hurricane Katrina was a feeling that we have entered a period of consequences.

Al Gore

With opportunities for delegates to celebrate spring and offering reflective, creative time exploring nature and self through group discussion, meditation, relaxation and reading.

***...For I have learned
To look on nature, not as in the hour
Of thoughtless youth, but hearing oftentimes
The still, sad music of humanity.***

William Wordsworth

Several opportunities for delegates to explore the area

Play is the exultation of the possible.

Martin Buber

and engage with the environment with some great input on nature through writing, poetry, painting, walking and politics. There will be some options throughout the weekend, allowing for personal preferences and flexibility.

The best remedy for those who are afraid, lonely or unhappy is to go outside, somewhere where they can be quiet, alone with the heavens, nature and God. Because only then does one feel that all is as it should be and that God wishes to see people happy, amidst the simple beauty of nature.

Anne Frank

17th & 18th April 2010

Run by therapists and experienced workshop facilitators with a real passion for people. Book soon by contacting us by phone or email or visit:

www.baobabcentre.com

The Baobab Centre
Inspiring potential and growth

The Raylor Centre, James Street, York, YO10 3DW
Tel: 01904 422733 or 07913826399
office@baobabcentre.com

