

Me in nature and the nature in me

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

Ralph Waldo Emerson

**...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

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

Al Gore

Play is the exultation of the possible.

Martin Buber

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

The credit crunch, the drop in the housing market, the advance of new technologies, new diseases, new and endless deadlines, challenges that all strike at the human spirit in one way or another. Even as a brighter season envelopes us, do we move too fast from our homes to our work without looking around? Maybe we move less in our bodies, but do we still carry our worries about selves and our loved ones in our heads?



This weekend is aimed at anyone who thinks that any of the above is true for them.

We aim to give you a chance to bring yourself back into focus with yourself and your environment, through workshops, discussions, art, poetry and walking. We hope to offer everyone a chance to reconnect with nature inside and out. We aim to make it engaging and relaxing and to include facilities for drawing and painting, sculpting, writing, walking, sitting and reflecting; and you don't need to come equipped with any previous experience of any of these.

We are hosting this weekend because we see how many people are becoming frazzled by their worries and hectic lives and this is a chance to pause, relax, have a really good look around you and may be even allow the inner you a space to speak!

We are therapists and experienced workshop facilitators with a real passion for people .

Why don't you give yourself just one weekend off and let us introduce you to some fabulous scenery, some gentle and challenging ways to see and engage with the environment and some great input on nature through writing, poetry, painting, walking, politics.

The Baobab Centre
Inspiring potential and growth

The Raylor Centre, James Street, York, YO10 3DW

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Amongst the activities there will be:

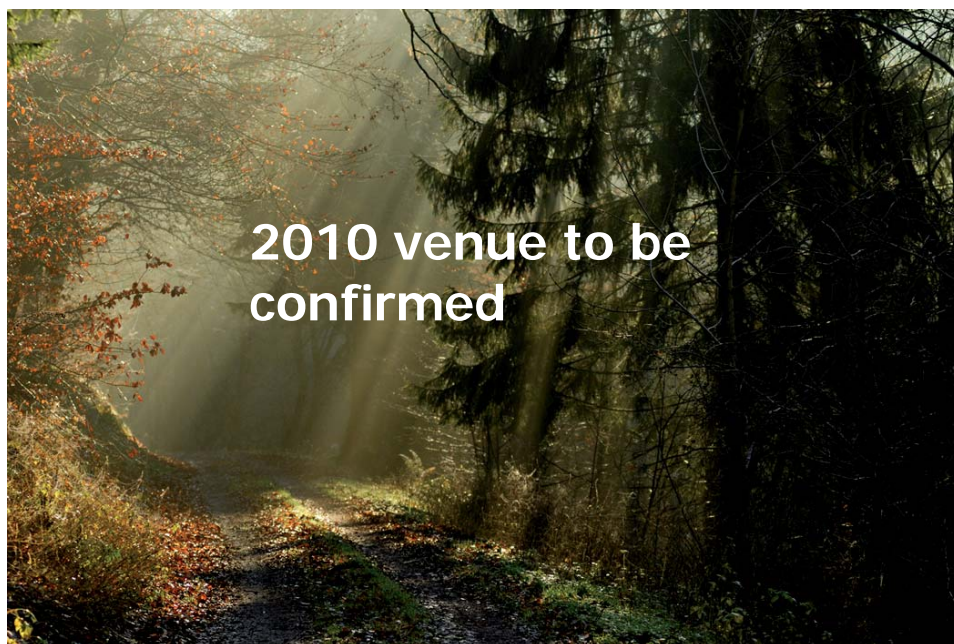
Introductions to creative ways to reflect on and experience nature and self.

Several opportunities for delegates to go out and explore the area.

Places to sit and meditate, relax or read.

Space for group discussion and interaction with each other and the environment.

Arrival will be from 6pm Friday finishing at 4pm on Sunday



2010 venue to be confirmed

The 2010 price is still to be confirmed but it will include:

- two days' workshop facilitation with materials provided;
- individual time with a facilitator if required;
- full board from Friday evening meal to Sunday lunch, with arrangements for all dietary requirements;
- refreshments throughout both days; and

There are limited places available and demand is expected to be high so we are operating a strict first come first serve basis.

To book or for more information please contact us on 01904 422733 or email us at office@baobabcentre.com.

We will be happy to respond to any queries you may have.