PERSONAL WHOLENESS TRUST

Springtime for the Soul

A day to savour the season
(including labyrinth)
guided by Brian Draper
www.briandraper.org

at **THE WIGWAM RETREAT CENTRE, BOTHY 5**
RIDDLESWORTH, NORFOLK IP22 2SZ
Thursday 18 May 2023
10.00am to 4.00pm
Cost: £35
(concessions available to those on a low income)

We're delighted to welcome Brian Draper to the Wigwam for one of his much loved spring-time retreats, which incorporate times of inspirational guided reflection with the space to step outside, breathe the air, embrace the season and – as the day's focal point – walk our open-air grass labyrinth.

Brian writes, **"It's such a treat to be back at the Wigwam. We've had so many good times together there in recent years, settling in to a spacious stillness, as we quieten our restless minds and let God, and nature, speak."**

He continues, **"I'll provide the gentle prompts and reflections which will help you step deeper into the day, the place, the season and the presence of the Creator. My prayer is that you leave with renewed energy for the path ahead!"**

Brian Draper is co-author (with Howard Green) of *Soulful Nature: A Spiritual Field Guide* – as well as *Soulfulness: Deepening the Mindful Life*, *Less is More: Spirituality for Busy Lives* and *Labyrinth: Illuminating the Inner Path*.
    He is a writer, speaker and experienced retreat guide, and often appears on BBC Radio 4's *Thought for the Day*.

TO MAKE
A BOOKING
please complete
the booking form
overleaf and
return it with
your payment.

Helping to promote wholeness within the community

www.wigwamretreats.co.uk

Springtime for the Soul
A Day to savour the season
(including labyrinth) with Brian Draper
at THE WIGWAM RETREAT CENTRE, BOTHY 5
RIDDLESWORTH, NORFOLK IP22 2SZ
Tel 01953 681 741
(FOR USE ON RETREAT DAY ONLY)

**Thursday 18 May 2023, 10.00am to 4.00pm
Cost £35 (concessions available to those on a low income)
includes teas, coffees, light lunch**

NAME
....

ADDRESS
....
....
....
....

HOME PHONE NO.
....

MOBILE PHONE NO.
....

EMAIL
....

Please state any special dietary needs here:

....
....

• I enclose my contribution of £35.00 for the day
Please make cheques payable to the Personal Wholeness Trust
and send with your booking form to

    Keren Payne
    10 Crescent Road
    South Woodford
    London E18 1JB

• To pay online please pay to

    Account name   Personal Wholeness Trust
    Sort code   20-52-74
    Account No   90714100

PLEASE USE REFERENCE: Wigwam Retreat + Your Name

For further information please email Keren at pwtcfl@aol.com
or call 020 8504 1228

www.wigwamretreats.co.uk

Wigwam Retreat Centre,
Riddlesworth,
Norfolk IP22 2SZ
Tel 01953 681 741

**Personal
Wholeness Trust**
*10 Crescent Road
South Woodford
London E18 1JB*

*Tel. (020) 8504 1228
Email: pwtcfl@aol.com
www.wigwamretreats.co.uk*

*Providing professional counselling
services and spiritual direction*

Director: Rev D J Blackledge

*Charity registered in England
No. 1000837*

**Helping to promote
wholeness within
the community**