

**Saturday 17-Sunday 18 October 2015**

**2-Day Retreat:**

# **Mindfulness and Creative Embodiment**

**Facilitator: Fay Adams and Gareth Williams**

**Skye Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB**

**Registration: 9.30am-10am. Retreat Days: 10am-5pm**



This weekend is an opportunity to explore how mindfulness can open up our world and become a celebration of our precious life, its joys, sorrows and wonder. In particular we'll be asking how our body can be our teacher in this respect.

Using the principle of Beginner's Mind the mind that is fresh in each moment, we'll meditate, create, inquire, play and explore. Each thought, feeling and attitude we hold is subtly reflected in the body. Through mindfulness we'll explore the wisdom of

the body, which is a well-spring of insight about our limiting tendencies, our potential and our relationship with the world. Many of us feel that there is unrealised potential and creativity within us. Sometimes it can feel like our lives have become closed in or deadened. Feelings like this can lead to depression, stress, workaholicism, addiction and loss of meaning and energy. The body is a key to compassionately working with these blocks so that we can flourish more fully.

We'll work with classic mindfulness practice as well as self-compassion and visualisation practices, reflection and interactive inquiry, creative activities, mindful movement and practices to cultivate joy and gratitude.

**Cost: £100/£80 (Concessions). For a Registration Form:  
Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469**

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