

Saturday 26 - Sunday 27 September 2015

2-Day Retreat: The Heart of Creativity:

Mindfulness and the Arts:

Weekend Retreat for

Artists of all Art Forms

Facilitators: Susanne Olbrich and Suzanne Dance

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

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



This is a weekend of meditation, creative deepening and community building for all who work in the field of creativity as creators, performers, educators or therapists. Mindfulness practice has the capacity to renew body and mind and to nourish the heart. Through mindful sitting, walking and eating together, we will slow

down and reconnect with the source of peace and joy inside. The retreat includes creative explorations across art forms (weather permitting outdoors), as well as time for reflection and for networking. Suitable for those new to mindfulness meditation as well as for experienced practitioners.

Cost: £100/£80 (Concessions)

For a Registration Form:

Contact: Neill Walker, mesp2015@hotmail.com, 0131 331 4469

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