



OPENING TO THE SUN

Be led by the passion of your creative spirit through the cycle of the year. All of you, light and dark is welcomed in a process that includes art, writing, movement, music and meditation. A safe, intimate space will support deep, authentic sharing, allowing you to take risks and step into a more vital, healthy life. No artistic experience necessary.

Workshop dates: 30th January, 20th March, 8th May,
19th June, 31st July, 18th September, 30th October,
11th December

Cost: £40/day (concessions available). Bring lunch to share. Workshops held in Stroud, 10 am till 4.30 pm. Please contact Annabel for further details on 01453 768524 or annabelhollis@hotmail.com

Annabel Hollis is an artist, writer and massage therapist who deeply honours the wisdom of dreams. She is also a director of the Spiritual Crisis Network.