

Life's Journey into the Older Years

As the years pass, our journey can become more fascinating and life-giving. What “was” doesn’t seem to hold the same importance as before. Our values change and a growing inner freedom allows creative choices.

This weekend is one of exploration. Where am I? Where am I heading? How can I continue becoming a more integrated human, spiritual being?

Come and be, and play and relax. There will be some input, time to share, to be alone and with others and to celebrate. Hopefully the weather will be gentle and the garden restful.

Led by Ann O’Sullivan

Friday 15th June with supper at 6.30 pm till after lunch on Sunday 17th June

Cost: £100.00 residential
£60.00 non-residential (lunches and suppers included)