

Creativity & Flow

Art, Tai Chi & The Body-Mind

30 & 31 July 2019

Cleeve House, Seend, Wiltshire, SN12 6PG



Meeting Life with Creativity & Flow

Join us to explore creativity and flow through drawing, movement and conversation. Using movement we will engage our body's kinaesthetic and intuitive wisdom and through art we will make our mark literally and metaphorically in two days of creative exploration and practice. What supports our flow – and what hinders it? What can our images and movement tell us about our approach and response to life?

In this workshop we will combine inspiration from Eastern approaches to art-making with tai chi inspired movement and somatic awareness. Is it possible to re-imagine the shaping of ourselves – where we become a source of creativity and edge? Can we stimulate a flowing connectivity and find within it relationship and meaning?

This workshop will offer an opportunity to explore:

- The dynamic experience of fragmentation and wholeness
- Ways to acknowledge and articulate our inner experience
- A creative sense of spaciousness and flow
- Nurturing a calm and balanced centre
- Practices to support a sense of cohesion and meaning in daily living

Helen Garrett is an exhibiting artist and has been working as a professional artist for many years, selling her paintings privately and through her representing gallery. She is also a workshop facilitator experienced in using art as a medium in which to explore transformation on all its levels.

Paul King is an experienced coach, consultant and trainer and co-founder of The Beyond Partnership Ltd. He has a particular passion for, and expertise in, integral and somatic approaches to facilitate individual and social transformation. Paul is a teacher of tai chi, somatic intelligence, and conscious and leadership embodiment.

Fees: £295+VAT

Limited Places: There are 8 places only available on this workshop

Booking: Please email your name and invoicing address to info@thebeyondpartnership.co.uk