



Autumn Stillness

A Day Retreat with Brian Draper

at THE WIGWAM RETREAT CENTRE
RIDDLESWORTH, NORFOLK IP22 2SZ
Wednesday 18 October 2017

www.briandraper.org

Wednesday 18 October, 10.00am to 4.00pm

Cost: £28 (concessions available to those on a low income)

Guided by Brian Draper

Brian has led a number of very successful retreats for us using our open-air labyrinth, and we look forward to welcoming him back to the Wigwam again.

He writes, "I love coming to the delightful Wigwam centre, and to walk its wonderful labyrinth! This retreat day will focus gently in on the themes of autumn – with its mists and mellow fruitfulness. We'll use John Keats' ode *to Autumn* for inspiration, as well as the great outdoors itself, as we explore what this rich and beautiful season has to teach us."

Brian continues, "We use a rhythm of gently guided reflection throughout the day, combining individual time for space and rest with the opportunity to share wisdom between the group as a whole. It's a lovely setting, and we always seem to experience a sense of stillness and depth which is both restorative and re-invigorating."

Brian Draper is author of *Labyrinth: Illuminating the Inner Path*, as well as *Soulfulness: Deepening the Mindful Life*, *Spiritual Intelligence: A New Way of Being*, and *Less is More: Spirituality for Busy Lives*. As an experienced retreat leader he has guided countless people around labyrinths. He is a writer, speaker and broadcaster, and often appears on BBC Radio 4's *Thought for the Day*.

To make a booking please either complete the attached booking form, contact Les Crossland at pwtcfl@aol.com or telephone 0208 491 0222.

www.wigwamretreats.co.uk

Wigwam Retreat Centre,
Riddlesworth,
Norfolk IP22 2SZ
Tel 01953 688 303

Personal
Wholeness Trust
10 The Broadway
Woodford Green
Essex IG8 0HL

Tel. (020) 8491 0222
Email: pwtcfl@aol.com
www.wigwamretreats.co.uk

Providing professional
counselling services
and spiritual direction

Director: Rev DJ Blackledge
Charity registered in England
No. 1000837

Helping to promote
wholeness within
the community



BOOKING FORM

Autumn Stillness
A Day Retreat with Brian Draper

at THE WIGWAM RETREAT CENTRE,
RIDDLESWORTH, NORFOLK IP22 2SZ

Tel 01953 688 303

(FOR USE ON RETREAT DAY ONLY)

with BRIAN DRAPER

Wednesday 18 October 2017, 10.00am to 4.00pm
Cost £28 (concessions available to those on a low income)
includes teas, coffees, light lunch

NAME

ADDRESS

HOME PHONE NO.

MOBILE PHONE NO.

EMAIL

Please state any special dietary needs here:

I enclose my contribution of £28.00 for the day

**Please make cheques payable to the Personal Wholeness Trust
and send with your booking form to:**

Les Crossland
10 The Broadway
Woodford Green
Essex IG8 0HL

**For further information please email Les at pwtcfl@aol.com
or call 0208 491 0222**

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