



RIPENING THE SOUL

A Restful and Zestful Autumn Day Retreat

(including labyrinth) • Guided by Brian Draper

www.briandraper.org

at **THE WIGWAM RETREAT CENTRE, BOTHY 5 RIDDLESWORTH, NORFOLK IP22 2SZ**

Thursday 12 November 2026 • 10.00am to 4.00pm

Cost: £50



We are so glad to announce that the author and retreat leader Brian Draper returns to us in November for one of his soul-stirring autumnal day retreats.

With his much-loved mix of guided reflection, contemplative practice, spacious stillness and movement between the indoors and outdoors, Brian will help us to meet the season of autumn with awareness, poise and love – and to find restful, life-giving, soul-ripening communion with the Creator as we do so.

And in the afternoon, come rain or shine, there'll be an opportunity to walk the Wigwam's wonderful outdoor labyrinth, inviting the morning's reflections to settle into the gentle sound of footfall and heartbeat and reconnection.

Brian says, "The seasonal day retreats at the Wigwam are a profoundly joyful part of the rhythm of my year, and after a short pause it's so delightful to be back. Autumn is a season like no other, and I am looking forward to the restfulness and zestfulness of our time together with God and Creation!"

Brian Draper is author of *Soulfulness: Deepening the Mindful Life*, and co-author (with Howard Green) of *Soulful Nature: A Spiritual Field Guide*. His new book *Love for the Unloved Days: To Cherish the Weakness of Limited Means* is due out in January. He is a regular presenter of BBC Radio 4's *Thought for the Day*, and has pioneered the use of labyrinths on corporate leadership events across the world. He is an experienced retreat leader and loves to work outside as much as he can.

TO MAKE A BOOKING
please complete the booking form overleaf and return it with your payment.

Wigwam Retreat Centre,
Riddlesworth,
Norfolk IP22 2SZ
Tel 01379 730 107

Personal
Wholeness Trust
10 Crescent Road
South Woodford
London E18 1JB
Tel. (020) 8504 1228
Email: pwtgfi@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

www.wigwamretreats.co.uk



BOOKING FORM

RIPENING THE SOUL

A Restful and Zestful Autumn Day Retreat

(including labyrinth) Guided by Brian Draper

at **THE WIGWAM RETREAT CENTRE, BOTHY 5**

RIDDLESWORTH, NORFOLK IP22 2SZ

Tel 01379 730 107

(FOR USE ON RETREAT DAY ONLY)

Thursday 12 November 2026, 10.00am to 4.00pm

Cost £50 per person

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 £50.00 for the day
Please make cheques payable to Personal Wholeness Trust
and send with your booking form to

Keren Payne
10 Crescent Road
South Woodford
London E18 1JB

- To pay online please pay to
- | | |
|--------------|--------------------------|
| Account name | Personal Wholeness Trust |
| Sort code | 20-52-74 |
| Account No | 90714100 |

PLEASE USE REFERENCE: Retreat + Your Name

For further information please email Keren at pwtcf@aol.com
or call 020 8504 1228

www.wigwamretreats.co.uk

Wigwam Retreat Centre,
Riddlesworth,
Norfolk IP22 2SZ
Tel 01379 730 107

Personal
Wholeness Trust
10 Crescent Road
South Woodford
London E18 1JB

Tel. (020) 8504 1228

Email: pwtcf@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*