



Nature & Nurture Day Retreat led by Harriet Price

Join us for a nurturing day retreat for your mind, body and soul. Enjoy a creative nature printing workshop; mindful, meditative and reflective practices, and a peaceful nature walk. Leave feeling refreshed and recharged.

Harriet is a practising physiotherapist who will be staying with us as a WWOOFER. Throughout this session, she will introduce us to self-care tools in a beautiful and relaxing setting.

Sat 21st June, 10:00 - 15:00

- 🍃 Welcome and intention-setting
- 🍃 Short meditation and relaxation
- 🍃 Gentle nature walk
- 🍃 Nourishing lunch
- 🍃 Creative workshop – simple nature printing and collage
- 🍃 Tea ceremony and closing circle

All materials provided.
Please wear comfortable clothing and shoes for indoor and outdoor activities.

Creative Beings, The Old Rectory Studio,
Awliscombe, Devon, EX14 3PJ

**Pay what you can: Abundance £65
Regular £45**

Concession £25

Includes tutor, nourishing home-cooked lunch,
refreshments & materials.

(N.B. Optional sound journey follows from
16:00, bookable separately, if you would like.)

Book at: www.creativebeings.uk/events



CREATIVE BEINGS

Cultivating creative practices for wellbeing