

Why not treat yourself to this wonderful workshop dedicated to giving people experiences & tools to enable a more creative and peaceful life



The Art of Living in Peace

Experience the possibility of living at peace with

- Yourself
- Others
- The environment

This weekend residential workshop offers a holistic framework for our understanding of our world and the opportunity to experience realistic ways of promoting peace and harmony in our lives and relationships.

The programme blends theory with practical exercises to create a nurturing, powerful experience. It consists of a series of reflections and experiences, including relaxation, meditation and affirmation to enable people to develop inner balance and peace. In this holistic approach inner peace expands through relationships, to family, community and environment. Whether you're new to this type of development work or you have followed a particular discipline this programme is suitable for all. It brings together many factors in an appreciation and celebration of the interconnectedness of all things.

Friday 17th - Sunday 19th July 09

Friday 6pm - Sun 4.30pm

Venue: - Unstone Grange, Unstone, Derbyshire

Cost £90 (Concessions available)

For more information or booking contact Rena Smith - 01246 411923.

rena.smith@tiscali.co.uk

www.peacefoundationnetwork.org