Daughters of Wisdom

Creative Mindfulness

Sacred Circles of Wisdom

We create space for people. . . space to meet, space to reflect, space to talk, space simply to be. At the heart of this is hospitality rooted in the tradition and spirit of the Daughters of Wisdom. Our flame logo gives expression to these roots: the warmth of hospitality, the light of the Spirit, the spiral path to Wisdom.

Wisdom Centre

Wisdom Centre is a ministry of the Daughters of Wisdom, an international Congregation of religious women. They offer the Centre at Wisdom House to people of all faiths and none as a sanctuary of peace and tranquillity in a hectic and stressful world.



Wisdom Centre
Romsey
Hampshire
SO51 8EL
Tel: 01794 830206

email: reception@wisdomhouseromsey.co.uk

www.wisdomhouseromsey.co.uk

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Saturday 20th January 2018

10am—4pm
Tea and Coffee available from 9.30am
Suggested Offering—£29 to include refreshments, lunch and afternoon tea.





Wisdom CENTRE

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Circles and mandalas represent wholeness and enlightenment within the world's religions. This is a day of mindfulness meditation with simple creative activities that are suitable for everyone. Mindful creativity invites those who have never tried art before, and accomplished artists alike to silence their inner critic by detaching from the idea of a 'perfect outcome.' This day combines mandala creation, circular weaving, spirograph and printmaking as a way of capturing our personal 'present moment.' No artistic ability is required.

Outline of Programme:

9.30-10.00 Arrivals and coffee

10.00-12.30 Introduction followed by an introduction to mindfulness and a short meditation on how we feel right now. Introduction to activities

Pre lunch mindful awareness exercise.

12.30-1.30 Lunch

1.30-3.30 Beginning with a third mindfulness session we then begin the afternoon activities. There is plenty of time to visit the inside and outside quiet spaces at Wisdom Centre, including our beautiful labyrinth for those that wish it.

Closing meditation

3.30-4.00 End the day together with tea and cakes

Fiona Jenvey is the manager of Wisdom Centre A commercial designer by background, Fiona is completing a Masters Degree in Christian Spirituality and is currently writing on Benedictine Spirituality alongside contemporary Mindfulness Based Stress Reduction.

Wisdom Centre is set in beautiful gardens, including a Labyrinth, which you will be able to enjoy during your day. (Large umbrellas are available if the day is wet!)

The building itself is spacious, warm and comfortable with an airy Conference/ Meeting Room, Quiet Room, Sitting Room and a Creative Room. Each room offers something to help you relax and make the most of your time with us.

The emphasis at the Centre is on welcome and hospitality and you can be assured of the complete confidentiality of anything you might wish to talk about.

Wisdom Centre is entirely non-profit making. Our suggested offering of £29 includes materials, refreshments and lunch.*

It would help with catering if you could book at least 72 hours in advance, advising us of any special dietary requirements.





Creative Mindfulness

Name .....

Address .....

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Telephone .....

E-mail .....

I would like to attend Creative Mindfulness

☐

I am happy to be included in your mailing list (We only send emails relevant to our mailing list)

☐

Have you been to Wisdom Centre before?

Yes ☐ No ☐

I enclose a cheque, payable to Wisdom Centre for £29—BACs payment on request

Please return payment and form to :

Wisdom Centre, Romsey
Hampshire
SO51 8EL
Or telephone or e-mail — details overleaf.