Daughters of Wisdom

Self Development Day: A Day for You

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

Self Development Day: A Day for You

Developing a warm embrace of the self



Saturday 21st July 2018

10am—4pm

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





Wisdom CENTRE

Self Development Day: A Day for You

We have all experienced, setbacks, difficulties and emotionally challenging situations which can have a negative effect on self-esteem, optimism, hopefulness and overall mental wellbeing. Additionally, our family histories and relationships shape our self - image, and ways of coping with difficulties. These everyday challenges can impact the body, causing unpleasant physical sensations and frequent illness. This day will help you develop a warm embrace of the self, the ability to hold one's self in kindness, and the sense of feeling connected to humanity.
The day will include a number of exercises, including the safe observation of oneself, breath work, mindfulness and a guided labyrinth meditation.

Outline of Programme:

9.30-10.00 Arrivals and coffee.

10.00-12.30 Introductions to the day and an outline of the individual and facilitated group activities. The morning will include time for coffee

12.30-1.30 Lunch

1.30-3.30 Time together and time alone to explore our own journey of self discovery. There is the opportunity to explore optional creative work and Wisdom Centre's indoor and outdoor spaces including the labyrinth.

3.30-4.00 End the day together with tea and cakes

Carolyn Langlands

Carolyn is an experienced Psychotherapist and Trainer. She works with young people and adults in her private therapeutic practice. She specialises in anxiety, depression and trauma.

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 emphasis at the Centre is on welcome and hospitality. 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.

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

Please advise us of any special dietary requirements.

*Note we are unable to refund payments unless more than 7 days notice of cancellation is given.







Self Development Day: A Day For You

Name .....

Address .....

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Telephone .....

E-mail .....

I would like to attend 'the 'Self Development Day: A Day for You.'

Special Dietary RequirementsYes ☐ No ☐

Details .....

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

☐

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.