Daughters of Wisdom

Self Development Day: A Day of Mindfulness and Embracing our brokenness and imperfection

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 of Mindfulness

Embracing our brokenness and imperfection



Saturday 14th September 2019

10am—4pm

Tea and Coffee available from 9.30am
Suggested Offering—£30 to include refreshments, lunch and afternoon tea.





Wisdom CENTRE

Self Development Day: A Day of Mindfulness

We have all experienced the idea that we are less than perfect., Difficulties and emotionally challenging situations 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 embrace the various aspects of your own character and hold one's self in acceptance, compassion and love.
The day will include a number of exercises, including the safe observation of oneself, breath work, mindfulness and a guided labyrinth meditation if the weather is suitable.

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 includes materials, refreshments and lunch.*

*Please advise us of any special dietary requirements which we will do our best to accommodate. Those with severe allergies please be advised that our food is prepared in an environment were nuts and other common allergens are present.

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





Self Development Day: A Day of Mindfulness

Name .....

Address .....

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Telephone .....

E-mail .....

I would like to attend "Self Development Day: A Day of Mindfulness" on Saturday 14th September 2019

Lunch is provided and is vegetarian, do you require: Gluten Free ☐ Dairy Free ☐

Other

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Please note our food is prepared in an environment which handles nuts and other common allergens.

Yes ☐ I am happy to be contacted by phone/ email about this and similar events at Wisdom Centre.

Have you been to Wisdom Centre before?

Yes ☐ No ☐

I enclose a cheque, payable to Wisdom Centre for £30 (to include all materials)

We are also able to accept credit/ debit card and BACs payment on request.

Please return payment and form to :
Wisdom Centre, Romsey, Hampshire
SO51 8EL
Or telephone or e-mail — details overleaf.