Wisdom Centre

A Ministry of the Daughters 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.

For more information:

Tel: 01794 830206 or email:
reception@wisdomhouseromsey.co.uk

www.wisdomhouseromsey.org.uk

Wisdom Centre

Wisdom Centre is a Ministry of the Daughters of Wisdom, an international Congregation of Religious Women. We offer the Centre at Wisdom House to people of all faiths and none as a sanctuary of peace and tranquillity.

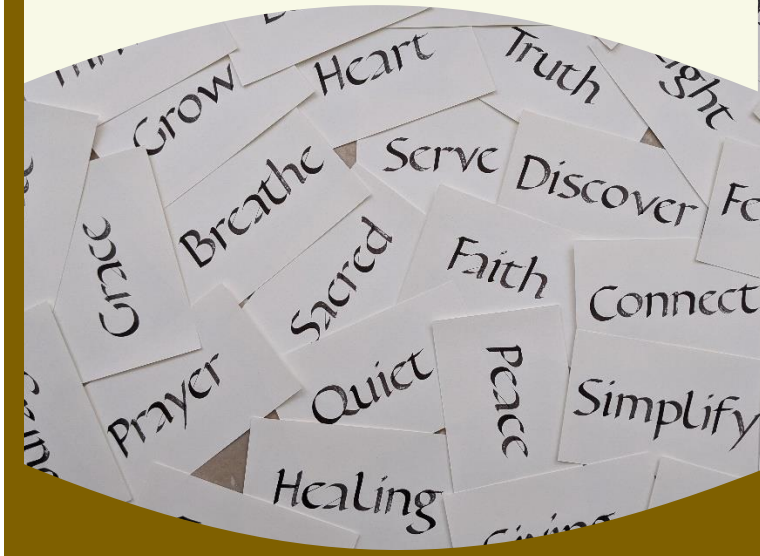


Wisdom Centre
Romsey, Hampshire
SO51 8EL
Tel: 01794 830206

email: reception@wisdomhouseromsey.co.uk
www.wisdomhouseromsey.org.uk

Mindful Calligraphy

A day for beginners and all levels of experience



Thursday 14th November 2024

10.00am—3.00pm

Suggested Offering—£35 to include refreshments, lunch and afternoon tea





Wisdom CENTRE

Mindful Calligraphy

This day is suitable for beginners and those with some experience.

Using the inspiration provided or your own ideas, learn how to use a broad edged pen to create patterns and letters with a mindful approach.

Mindful calligraphy is a practice that combines the art of calligraphy with mindfulness principles. It involves engaging in the process of creating calligraphic strokes with full awareness and concentration in the present moment.

Practitioners of mindful calligraphy focus on the sensations of the nib or brush against the paper, the flow of ink, and the formation of each stroke, allowing creativity to unfold intuitively.

Equipment is provided, but if attendees prefer they can bring their own.

This workshop is intended for adults. It is suitable for all abilities. We are using simple simple nibs and inks. Adults with certain additional needs may need the support of another adult. If you have a carer, or are a carer hoping to support a participant, please let us know as we have special rates for carers to cover lunch costs only.

Lunch is provided

Facilitator: Sunita Auger. Sunita's former career was teaching A level Maths but now she enjoys spreading enthusiasm for the art of calligraphy. She holds the Advanced Diploma awarded by a national society CLAS (Calligraphy and Lettering Arts Society). Sunita teaches for Winchester Cathedral, runs online classes and has a class on the Skillshare platform.

Wisdom Centre is set in beautiful gardens, including a Labyrinth bordering by the River Test. We are just across the road from Romsey Abbey and a short walk to the town and Memorial Park.

The emphasis at the Centre is on welcome and hospitality. The building itself is spacious, and comfortable with an airy Conference Room, Quiet Room, Sitting Room and a Creative Room. Each room has a distinct ambience of quiet, relaxation, prayer, hospitality, creativity and learning.

Wisdom Centre is entirely non-profit making. **Our suggested offering of £35 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 where nuts and other common allergens are present.

*Note we require 7 days notice of cancellation and refund. We are happy to transfer your payment to a future event.





Mindful Calligraphy

Name .....

Address .....

.....

.....

.....

Telephone .....

E-mail .....

I would like to attend - Thursday 14th Nov 2024

Lunch is vegetarian, **X** box for Gluten Free ☐ Dairy Free/Vegan ☐ Diabetic (low sugar) ☐ Other ☐

.....

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 ☐

Please call to pay by credit/ debit card. BACs payment on request. Alternatively please enclose a cheque, payable to the Congregation of the Daughters of Wisdom for £35 – Please leave an answerphone message if we are unable to answer.

Please return payment and form to:
Wisdom Centre, Romsey, Hampshire, SO51 8EL
Tel: 01794 830206

email: reception@wisdomhouseromsey.co.uk