

DRAWING YOUR SACRED SPACE

One day workshop with the Art and Spirituality Network

led by

Tessa Gaynn

Saturday 28th September 2013

10.00am – 4.30pm

at

Resource for London

356 Holloway Road, London N7 6PA

Cost: £25 (includes art materials ~ reductions available if needed)

Advance booking essential



ASN
ART &
SPIRITUALITY
NETWORK

www.artandspirituality.net

'DRAWING YOUR SACRED SPACE'

*Come and explore how your creative skills can connect you with your soul.
Use your creativity to guide you towards your heart's desire. Change
your perspective on life...*

Join us for a day of meditation and drawing to nurture your own spiritual connection. Enjoy a safe space for you to learn new ways of understanding yourself and others, share the insights you have, get support to express your own truth and give your wisdom a space in which to grow.

Timetable

- 10.00 registration

- 10.30 introduction – What to expect from the day
 Guided meditation
 Drawing your vision

- 1.00 – 2.00 lunch (café downstairs or bring packed lunch to share)

- 2.00 Evaluation
 More guided meditations
 Drawing on your ability to ground, heal, nurture
 What can you use in the future?

- 4.00 - 4.30 Tea, Evaluations and Ending

Art and Spirituality Network

The Art and Spirituality Network is a loose network of artists and those of no artistic experience which aims to provide a supportive and challenging space for people to find spiritual fellowship and nourishment through making art. The Network has been running workshops and retreats for around 15 years, in a range of venues around Britain and welcomes people of any faith and none.

Tessa Gaynn is a kinesiologist and homeopath, and a practising artist. She is a new member of the Art and Spirituality Network and is very excited about bringing art and spirituality together in this workshop.

Comments on past ASN workshops:

- 'it helped us understand ourselves much more'
- 'it gave me much to explore'
- 'loved the hands-on parts and quality of the materials'
- 'excellent value for money'
- 'I appreciated being given ideas about how to use the materials'

Our email is artandspirituality@gmail.com

Travel Information

How to get to Resource for London 356 Holloway Road, London N7 6PA

Nearest station: Holloway tube; also a bus ride away are Upper Holloway overground and Highbury and Islington overground.

Buses: 29, 253, 393, 43, 17, 91, 259, 43, 153, 271

Art and Spirituality Network Booking form

'Drawing Your Sacred Space' Saturday 28th September 2013

Please send completed booking forms and cheques to:

ASN, c/o 20A Cliff Villas, London NW1 9AT

There are only 12 places so early booking is essential, this helps us a lot, and assures you your place!

Please reserve me place(s) for this workshop at £25* each.

I enclose £..... (plus an optional donation of.....) Total.....

Cheques payable to 'Art and Spirituality Network' please.

*If you would like to come and money is the only obstacle, please let us know,.

Name(s).....

.....

Address.....

.....

..... Postcode

Email.....

Phone.....

If you have any special needs that may affect your participation, please let us know:

.....

Please email me information about future ASN events. Yes/No