

THE TREE OF LIFE

A day workshop with the Art and Spirituality Network

led by

John Harley,
and Elaine Giles

Sunday 18th May 2014

10.00am – 4.30pm

at

Chelsea Physic Garden

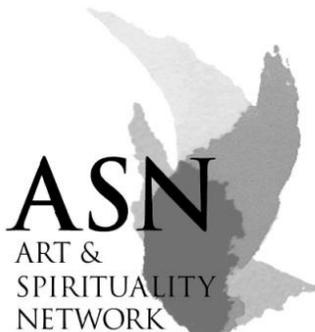
Entrance in Swan Walk

Off 66 Royal Hospital Road, Chelsea

LONDON SW3 4HS

Cost: £45 – to include £9.90 entry fee, teas/coffees

Advance booking essential



www.artandspirituality.net

Tucked away beside the Thames, Chelsea Physic Garden is a celebration of the beauty and importance of plants. This walled Garden was founded in 1673 by the Worshipful Society of Apothecaries for its apprentices to study the medicinal qualities of plants. It became one of the most important centres of botany and plant exchange in the world. We will be exploring the rich diversity of the garden through walking meditation, drawing and watercolour, looking at textures, patterns and sensations, with time for creative writing and opportunities to reflect on connections with our inner lives and search for meaning.

No particular arts experience is needed and all materials are provided. There will be opportunities to learn art skills with short demonstrations of techniques. All are welcome, from any spiritual tradition or from none.

Provisional timetable

11.00	Arrivals and refreshments
11.30	Morning session.
1pm	Lunch
2pm	Afternoon session
4pm	Endings and Tea
4.30	Leave

Please bring some simple vegetarian food to share for lunch. Drinks provided. Please wear clothes you are comfortable to paint in. Further enquiries: artandspirituality@gmail.com or phone 0794 908 9031

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.

John Harley is Chair of the Art and Spirituality Network and has been involved since its inception. He is an art teacher and Unitarian minister and is fascinated by the interplay between art and religion. John has recently trained as a Drama Therapist and is interested in applying drama techniques to art-making and finding ways of inviting the mind, body and soul of the individual into the creative process.

Elaine Giles is Secretary of ASN, an inquisitive agnostic, artist and mediator, interested in the connections between nature, science, creativity and therapy.

Some 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'

Future ASN events - Details are advertised on our website:

www.artandspirituality.net

To join our mailing list, email us at artandspirituality@gmail.com or write to ASN, Flat 60, Valiant House, Vicarage Crescent, London SW11 3LX.

Travel Information

Map:

<http://www.streetmap.co.uk/map.srf?x=527685&y=177749&z=1&sv=527685,177749&st=OSGrid&lu=N&tl=~&ar=y&bi=~&mapp=map.srf&searchp=ids.srf>

Nearest stations: The 170 bus from Victoria/Roehampton via Clapham Junction stops right outside the exit of Chelsea Physic Garden on Royal Hospital Rd, or Sloane Square Underground station and Cadogan Pier are within walking distance.

Access information: Three steps at main entrance in Swan Walk or level via exit at 66 Royal Hospital Road; 2 steps into Education room; Disabled toilet.

ASN Booking form: The Tree of Life - Sunday 18th May 2014

Early booking helps us a lot, and assures you your place!

Please send completed booking forms and cheques to:

ASN, Flat 60 Valiant House, Vicarage Crescent, London, SW11 3LZ

Please reserve me place(s) for this workshop at £45* each.

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

Cheques payable to 'Art and Spirituality Network', please.

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

Name(s).....

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Address.....

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Email.....

Phone.....

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

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