

# Windows into ourselves:

Finding insights through being with art

a workshop led by Melvyn Freake and John Harley



Saturday 30th January 2016

10.30 – 1pm

Victoria and Albert Museum

Cromwell Road, London SW7 2RL

A morning of a quiet reflection with time to make personal and deep connections with this fine collection of art. There will be an opportunities for meditation, silence, creativity, sharing and fellowship. Art Materials will be provided but you are welcome to bring your own (dry material only).

This event is free but please book to ensure your place.

Email Melvyn at [melvynfreake@lineone.net](mailto:melvynfreake@lineone.net). Early booking is always helpful.

Please mention any special needs when booking.

We will meet under the Chihuly Glass Sculpture just inside the Grand Entrance on Cromwell Road from 10.15am.

At 10.30 we will go to room 87 on Level 3 to commence the workshop.

You are welcome to bring sandwiches if you would like to join us for lunch in the Learning Centre on Level 3 after the workshop.

For more information email John at [johnnigelharley@yahoo.co.uk](mailto:johnnigelharley@yahoo.co.uk)

The V & A is close to South Kensington tube and several bus lines. Please don't forget to book, and call John on 07985 900935 if you are running late.

[www.artandspirituality.net](http://www.artandspirituality.net)

# The 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 over twenty years, in a range of venues around Britain. It is open to people of any faith and of 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. He has recently trained as a dramatherapist; he likes to bring movement, meditation and creativity together. Over the last few years he has been leading his own retreats at [www.beherecreate.co.uk](http://www.beherecreate.co.uk)

Melvyn Freaque is a mature and retired Quaker, whose interest in the arts is mainly theatre and literature, an amateur actor of 25 years standing who has played a wide range of parts. He welcomes the open and spiritual approach to creativity the network encourages, liking the opportunity to both play and plumb depths by portraying those explorations artistically.

To find out more about the Art and Spirituality Network, please look at our website : [www.artandspirituality.net](http://www.artandspirituality.net). To join the network and receive occasional mailings, email us at [artandspirituality@gmail.com](mailto:artandspirituality@gmail.com).

Our next event will be on Saturday 5th March and will be a workshop for ASN facilitators and others interested in getting more involved. Details will be posted on the website.



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