



# Spirituality and Nature

a « SPIRIT AND ART » workshop  
led by Carol Baker and Charlotte Illingworth

Saturday 21<sup>st</sup> January 2017  
at the Victoria and Albert Museum

Cromwell road, London SW7 2RL  
10.30 to 1pm ; arrivals from from 10 am

There will be time to connect deeply with nature and art works through a guided meditation,, simple creative writing, natural forms and colour. No artistic experience needed. Materials will be provided, but you are encouraged to bring a sketchbook or journal and/or coloured pencils, if you have them .

Advance booking essential .

FREE : donations will be invited

Bookings and enquiries: [carolbakerdesigns@gmail.com](mailto:carolbakerdesigns@gmail.com) (07968902331)

or [cillingworthuk@yahoo.co.uk](mailto:cillingworthuk@yahoo.co.uk) (07808553641)

Please mention any special needs when booking.

Meet inside the main entrance to the Victoria and Albert Museum on the Cromwell road.

Registration from 10am

You are invited to stay and join us for lunch afterwards.

Carol Baker is a Quaker, a fine artist and designer of many years standing who enjoys creativity and imagination through the arts. She explores how arts are interwoven through meditation and spirituality and teaches in community arts.

Charlotte Illingworth is a multi media textile artist who specialises in embroidery. Her work studies feelings and spirituality and she teaches in community arts.

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



Next « Spirit and Art » Workshop:

## Awake and Asleep

Saturday 18<sup>th</sup> March 2017

at Tate Britain, Millbank, London SW1P 4RG

A clay meditation and exploration of our responses to paintings by JMW Turner .  
Led by Carol Baker and Charlotte Illingworth, at Tate Britain, London.

Free. Advance booking essential.

Meet at Side entrance in Atterbury street. Arrivals at 10am for a 10.30 start till, 1pm.

Bookings and enquiries: [carolbakerdesigns@gmail.com](mailto:carolbakerdesigns@gmail.com) (07968902331) or  
[cillingworthuk@yahoo.co.uk](mailto:cillingworthuk@yahoo.co.uk) (07808553641). Please mention any special needs when booking.

The Art and Spirituality Network is a loose network of artists and people of no artistic experience which aims to provide a supportive and challenging space for people to find spiritual fellowship and nourishment through making art. ASN has been running workshops and retreats for over 30 years, welcoming people of any faith and none.

Membership is free: join our mailing list by emailing us at [artandspirituality@gmail.com](mailto:artandspirituality@gmail.com).

Our website [www.artandspirituality.net](http://www.artandspirituality.net) includes information about our past and future events, who we are, and links to a range of resources, events and other organisations concerned with Art and Spirituality. You are welcome to let us know about your events and encouraged to let other people know about our events.

ASN is run on a shoestring by volunteers ; we welcome offers of help with admin, communications etc as well as offers to host, run or help with workshops and other suggestions. Donations can be sent to the Treasurer, ASN, 164 Hamilton Avenue Barkingside Essex IG6 1AA. Please make cheques payable to « Art and Spirituality Network »

This series of half-day workshops is free, but donations are invited to help cover our costs. For events at museums and galleries, half the money donated will be given to the host venue.