Alone and Together

“Only a society that can preserve its internal cohesion and collective values, while at the same time granting the individual the greatest possible freedom has any prospect of enduring vitality.”

C.G. Jung

An Arts and Soul Retreat for Connection, Reflection, Imagination and the Arts

This course has a well-established reputation for enriching the lives of its participants. It offers a multi-layered experience where you can be part of a community whilst also offering the space to reflect. Providing a rich and varied five-day programme, the course delivers a unique immersive experience.

This year’s theme, Alone and Together, aims to explore the individual and the collective, with creative workshops, inspiring talks and discussions based on the ideas of C.G. Jung. Experienced creative and therapeutic professionals will guide and facilitate the individual and the group process on a journey of personal growth and self-discovery.

Presentations, discussion, healthy and delicious meals and lively conversation. No experience necessary to take part in Dancing, Singing, Art Studio and Creative Workshops. 20 hours CPD

VENUE: Hothorpe Hall, Theddingworth, Leics LE17 6QX www.hothorpe.co.uk
First class accommodation in the heart of the English countryside.

SPEAKERS: Matthew Harwood, Jacqui Dyer, Joy Schaverien, Alan Turkie, Jo Quennell.
See website for details of presentations

CREATIVE WORKSHOPS: Music: Joy Gravestock,
Fairytales: Antonia Böll, Dance: Aleka Loutsis,
Drama: Bryn Jones, Writing: Stephen Friedrich

ART STUDIO: Open 24 hours - Catriona MacInnes and Claire Lee facilitate 2D & 3D image making.

MORE DETAILS: www.champernowne.org

COSTS: Shared room per person £850 (*£775). Single room per person £1250 (*£1150).
*Early bird prices apply when 50% deposit is paid by 30th November 2019.

APPLICATIONS: Send to: Administrator
24B Cranbourne Parade, Mutton Lane,
Potters Bar, Herts. EN6 3BA.
Email: courses@champernowne.org.uk
Tel. 07766 704941.

QUERIES: 07779 148834
Email: jo@wellbeingeducation.org

Booking Form

Please complete, include cheque or confirm BACS payment and send to Administrator by post or email.

Your title: ________________________________ Your name: ________________________________ Date: ________________________________

Your postal address: ________________________________

Postcode: ________________________________

Your email address: ________________________________ Your mobile no: ________________________________

Amount you are paying:

☐ Paid by: BACS to sort code: 60-23-06, a/c no. 75192748. (ref: your name)
☐ or cheque payable to The Champernowne Trust, (please tick as appropriate)

The Champernowne Trust reserves the right to cancel the course in the event of insufficient attendance and would refund all deposits in full.