



# **NOURISH & FLOURISH**

## ***FIRE UP YOUR CREATIVITY***

A HUMAN POTENTIAL RETREAT WITH CATHERINE LLEWELLYN

8th to 10th November 2019

Muscle in on your optimum self. Get your feet on the floor. Recharge your batteries. Refresh your spirit. Mine your inner wisdom. Strengthen your resolve. Claim your due.

*Find your bliss.*

**Show up for yourself. Show up for others. Make the world a better place.**

*Get into the now.*

Conscious dance. Active exploration. Depth awareness. Body discovery.

Solo. Together. Collectively.

*Make the future better.*

### **CATHERINE LLEWELLYN**

Master humanistic facilitator. 5Rhythms conscious dance facilitator. Reiki Master.

Pellowah practitioner. Four decades in the Human Potential Movement.

This blended mix of humanistic theory and practice, energy empowerment, and body based movement work results in a flexible and intuitive approach.



[catherine@catherinellewellyn.co.uk](mailto:catherine@catherinellewellyn.co.uk)

[www.catherinellewellyn.co.uk](http://www.catherinellewellyn.co.uk)

07770 267230

5RHYTHMS<sup>®</sup>

# NOURISH & FLOURISH

## FIRE UP YOUR CREATIVITY

A HUMAN POTENTIAL RETREAT WITH CATHERINE LLEWELLYN

6:00pm Friday 8th November 2019

to

3:00pm Sunday 10th November 2019

Wanstrow Village Hall, Frome Road, Wanstrow BA4 4SQ

A non-residential weekend Retreat in Somerset. For everyone in the business of leading, managing and assisting others. Leaders, facilitators, community holders, healers, carers, mothers, fathers, advisers, entrepreneurs. A space to relax, move, recharge, explore, choose, commit, reboot, relaunch. A blend of conscious dance with conscious talking process. Experiential exploration. Solo time, pairs time, group time. Indoor time, outdoor time.

### FEE £160 CONCESSIONS £120

Your place includes: Welcome Pack, tuition, preparation call & integration call with Catherine. Hot drinks are provided. A non-refundable deposit of £70 reserves your place. The balance is due by 96 hours before the Retreat begins. Our cancellation policy is available on request.

FULL FEE £160 [<https://bit.ly/2QSBkvT>]      concessions £120 [<https://bit.ly/2PIRGCCQ>]

DEPOSIT £70 [<https://bit.ly/2CffsCl>]      concessions £70 [<https://bit.ly/2BpveJt>]

BALANCE £90 [<https://bit.ly/2Eqaswq>]      concessions £50 [<https://bit.ly/2Cfp7JC>]

### EARLY BOOKING INCENTIVES

reduced fees are available in exchange for payment in full as follows:

BY 31ST JULY 2019

BY 30th SEPTEMBER 2019

standard £120 [<https://bit.ly/2QvNwDo>]

standard £140 [<https://bit.ly/2SNfjfi>]

concessions £90 [<https://bit.ly/2QvNEmm>]

concessions £105 [<https://bit.ly/2SPCJR3>]

*Places are limited. The area is a holiday location. Early booking is advised.*



[catherine@catherinellewellyn.co.uk](mailto:catherine@catherinellewellyn.co.uk)

[www.catherinellewellyn.co.uk](http://www.catherinellewellyn.co.uk)

07770 267230

5RHYTHMS