

Awakening inner creativity – a four-day personal development retreat 25th-29th September 2011, Led by Diana and Aubyn Howard

Overview

- *How can we connect with our deepest desires and give them full expression?*
- *How can we release our inner creativity and fully access the resources we need?*
- *How can we make seemingly impossible dreams and visions come about?*
- *How can we feel more creative and expressive as part of our daily lives?*

Diana and Aubyn Howard have each spent more than 30 years exploring, experiencing and learning from different approaches to personal and professional development. This retreat brings together an eclectic mix of what we have learnt to help participants awaken their inner creativity.

This is an 'holistic retreat', which is designed to create an experience that will nurture all levels of the human being – physical, emotional, intellectual and spiritual. Château Chavagnac is the perfect venue to relax, learn and explore with a group of like-minded people.

Each day we will start with some simple exercises from kinesiology and Qi Gong to awaken the different energy centres within the body. This will be followed by a guided meditation (drawn from Psychosynthesis techniques and other sources) allowing each participant to centre and journey to the unconscious realms.

Part of the rest of the day will then be devoted to unpacking and exploring what has been experienced through poetry, drawing, writing and other techniques. Another part of the day will involve group dialogue and seminar sessions to build an understanding of our how our creativity works, through exploring a range of topics. There will also be individual time for healing treatments or physical activity in the afternoons. Weaving between all of this there will be opportunities to talk about our creative objectives, directions or projects. There will also be an option of an individual coaching session.

The intention is that over the 4 days each participant will discover new directions, increased energy and focus for their lives and be guided to access resources and images that in the daily rush we give little time to explore or allow through. The pace will be slow, allowing for as much time as is needed for quiet time and relaxation. The course will be given in English with translation into French if wanted.

Diana's experience	Aubyn's experience
<ul style="list-style-type: none"> • BA (Hons) degree in Theatre Language at Dartington College • Founding member of The Merchants Group • MSc in Change Agent Skills and Strategies (Surrey University) • Reiki master • Creative Kinesiology practitioner • Two years study of Psychosynthesis • 10 years apprenticeship in Native American Shamanic lodge with Arwyn Dreamwalker • Trained in Qi Gong, massage, aura therapy and other healing techniques • Bilingual English-French speaker 	<ul style="list-style-type: none"> • Post Graduate Certificate in Education • Founding member of The Merchants Group • MSc in Change Agent Skills and Strategies (Surrey University) • Spiral Dynamics Certified Practitioner • Neuro-Linguistic Programming Certified Practitioner (NPLU) • Reiki practitioner • Four years training and supervision with the Institute of Psychosynthesis • Experienced organisational consultant, facilitator and coach • Keen hill walker and woodland path finder!
<p>Diana brings flow, artistry, practicality, wisdom and deep connection to the creative process</p>	<p>Aubyn brings structure, ideas, rigour, insight and generative passion to the creative process</p>

The venue and accommodation

The retreat will be held at Château Chavagnac, an exclusive residential facility for small groups to work together in a beautiful, resourcing and restful environment, set within 38 acres of grounds. Each participant will have their own room and most rooms come with an en-suite bathroom. Two pairs of rooms share bathrooms. Each room is different and we will try to accommodate everyone so that all needs are met. Meals will be simple and nourishing, using local and organic products where possible.

Who is this for?

Anyone, young or old, new to or familiar with personal development, who wants to activate their inner creativity more or take a leap forward in their lives. It will help if you have a particular focus or objective for awakening your creativity, whether an external project or an inner shift or transformation you want to make.

What are some of the topics we will explore?

- Levels and domains of consciousness and unconsciousness
- The creative cycle. Tapping into our innate potential and resources.
- Working with the energy body
- Psychosynthesis guided meditation and visualisation
- Will and the creative process; stages of creative meditation and creative expression
- The personal development framework: three levels and nine keys to personal mastery

Retreat activity options

Every afternoon there will also be time set aside for you to chose from any of the following:

- Healing treatments: shiatsu or full body massage, reiki or kinesiology
- Physical activity: cycling, horse riding, swimming or walking

Costs

The all inclusive fee for the Retreat (5 nights, 4 days) is **650 Euros + VAT** (£565 + VAT). This covers:

- (i) all accommodation, meals, wine, snacks, teas and coffees etc.
- (ii) Professional facilitation and course preparation
- (iii) take-away course materials
- (iv) cost of leisure activities, including one healing treatment

The fee excludes your individual travel cost to and back from Château Chavagnac.

Travel options

Train (Eurostar London to Paris, then TGV Paris to Valence, where we can pick you up)

Flights (various options, e.g. EasyJet to Lyon , BA to Lyon, Ryanair to Grenoble, etc),

Next steps

The course is restricted to 14 places, so please make your reservation early. Please send an email to Diana at chateauchavagnac@wanadoo.fr to make a provisional reservation, to let us know of your interest, or to ask any questions you may have. A £100 non-refundable (but transferable) deposit is needed to reserve your place on the retreat. The balance is due by the start of the retreat.

Diana & Aubyn Howard
Château Chavagnac
07610 Lempdes, Ardèche
Tel + 33 (0) 4 75 08 33 08
Chateauchavagnac@wanadoo.fr
www.chateauchavagnac.com