

# Grounded Revitalised Refreshed

An interactive, creative and playful weekend that offers you the space to reflect on your life through exploring the outdoors and the elements.

*Facilitated by*

**Eva Marie Chadwick  
and John Harley**

**11-13 July 2014**

*Friday evening - Sunday midday*

**Marsett Bothy**

*Wensleydale, Yorkshire Dales*  
(nearest station Garsdale)

[www.lowmill.com/marsett-bothy.html](http://www.lowmill.com/marsett-bothy.html)

*Cost £150 pp*

*(inclusive of accommodation,  
resources and food)*



*Crafting restorative spaces for  
making, reflecting and reconnecting*

For more information and  
booking forms go to:  
[www.beherecreate.co.uk](http://www.beherecreate.co.uk)

This weekend aims to enable you to feel re-connected with yourself, with opportunities to reflect and incorporate the direct experiences into your present life – inviting peace and acceptance, energy and insight.

Activities involved will comprise of walking, mindfulness, rituals, silence, cooking, music-making, drawing and story-telling. We will be drawing on the beauty and wildness of the Dales and some dramatherapy techniques.