

“ Discovering Connections”

Friday

- 4.30 Tea and greetings (*Bring an object to display that connects with your inner & outer self*)
6.00 Supper
7.15 Building bridges between consciousnesses Ken Price
8.15 Informal discussion: communication - stepping stones, or minefields? Mary Cook

Saturday

- 9.30 New arrivals - introductions
10.00 Jung and Pauli: Psychical and Physical – two branches, one tree Alan Underwood
10.45 Coffee (*continuing informal response to Alan*)
11.15 Shamanic Science and the Cell William Ken Davies
12.30 Lunch
1.45 Outing to the Caerleon (*Isca*) Roman Baths (£4.50 entry charge)
4.30 Labyrinths, meanings and experiences Kenneth Rees
6.00 Supper
7.30 Towards wholeness Jonathan Robinson
8.30 Circle dance & Epilogue MC & JR
9.00 Depart /retire

Sunday

- 9.45 Workshop: Poetry, (*Haikus & art*) reflecting on the weekend Mary Cook
(10.00) Mass
11.00 Artwork (*?calligraphy?*) continued
12.30 Lunch
1.30 Feedback: What connections have we each discovered? Looking forward
2.30 Departure

Booking individually online direct to Ty Croeso, Llantarnam Abbey

Fully residential: £120

Non-residential: £50

Saturday with lunch and tea: £20

Saturday with no meals: £9

Llantarnam Abbey require a deposit of £50 (cheque to Ty Croeso Centre) by the end of August

Please inform me that you have booked at maryfrechfa@yahoo.co.uk 07794 294432

