



Dates: Tuesday 4th – Saturday 8th February 2020

Time: Starting 10am 4th – Finishing 6pm 8th

Cost: please ask for details of course and venue costs

Venue: Bishop Woodford House, Ely, Suffolk, CB7 4DX

Full payment required with registration for
for Last ChanceTariff period.

The workshop is open to all adults.
PRH beginners are very welcome.

Definitely no art skills required!

For further information and registration details:

PRH England, 9B Lorne Road, Southwold, Suffolk IP18 6EP

Tel: 01502 722589 e-mail: info@prhengland.co.uk

 PRH England

Freeing Life in Me

Self-knowledge through creative expression

- Connect with and express the movements of life within you, together with the obstacles that prevent their unfolding freely
- Make your felt experience visible and concrete through creative expression
- Become more aware of what encourages the growth of your person

Themes covered:

- Making my self-image visual
- Feeling and expressing life within me
- Identifying what hampers my life today
- Recognizing my essential resources to overcome difficulties
- Returning to my life dynamism and identifying the direction of its unfolding

*“...discovered so much about myself!
An enlightening and energising watershed on
my journey...”*