A Mindful & Therapeutic Retreat for Personal Reflection & Development

“Spring Echoes”

10 April 2019, at Newnham College, Cambridge

Spring is the season of new possibilities and renewed energy. At this time, new desires and ideas can be revealed and these tender new shoots can help signpost us to areas where we most wish to place our attention. What new changes or ideas do you wish to nurture?

In this workshop, we focus on our senses- but with greatest attention on **listening**. We will take time to listen *within* to explore questions such as... How can we best tune in to ourselves? What is our own inner voice saying to us? When we are in nature, what do we hear? What speaks to us? Through nature, music, literature and words, this workshop will allow you to take a journey back to yourself and your own renewal. Our hearing can enable us to be truly present and deepen our connection with nature and our natural, true self.

Using Newnham College’s beautiful grounds and rooms, our venue provides the opportunity to work both in groups and as individuals, spending time outside, as well as indoors. Utilising coaching, counselling and mindfulness, this workshop aims to provide you with the space to refocus and consider what you would like to do to enrich your life during the year ahead.

This “Spring Echoes” Workshop is for anyone who craves or may benefit from time to recharge and reconnect with themselves, to deepen their self-awareness and plan their future.

You might be a busy professional or work with clients or customers. Perhaps you are a carer or someone who feels **over-burdened** at home or at work?

Maybe you’ve put others’ needs before your own? Then this workshop is for you!

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**Facilitators:** The Workshop will be facilitated by **Margaret Walsh & Katharine Peel.**

**Professor Viren Swami,** Professor of Social Psychology at Anglia Ruskin University, will be the Guest Speaker on the day.

Margaret is a qualified psychotherapist, coach and supervisor. Often working at psychological depth, Margaret integrates nature into enhancing understanding of self and how we can learn from nature to cope with change and become more resilient.

Katharine is a qualified Mindfulness Coach and Mental Health First Aid Instructor. She runs regular mindfulness workshops. She is committed to supporting people to become more embodied (finding and trusting what lies within us), in a world where we are increasingly lost in thought.

Viren’s research has explored the psychological benefits of being in natural environment to promote wellbeing through the development of feelings like ‘cognitive quiet’, which aids in fostering greater self-compassion.

**Timings for the Day:** Registration and refreshments are between 9.00 – 9.25am and we start the day at 9.30am. The Workshop will be a mix of inputs and activities both inside and outside and further details will be released to participants closer to the event. The day will end at 5pm.

**Gardens:** The gardens at Newnham are a treasure and cover over 17 acres. They are core to Newham life and evolved since first created in 1891. More details can be found [here](#).

**Practicalities:** Although the weather may still be chilly and unpredictable, a key aspect of our Workshop will be working outside. Within Newnham College grounds is a calm and perfect space to tune back into yourself and into nature. Please come prepared for the weather and to walk outside. We will check the weather closer to the date and advise attendees on what to expect.

If you have any mobility or dietary issues, then please contact Margaret on [margaretwalshcoach@gmail.com](mailto:margaretwalshcoach@gmail.com) to advise on your needs.

**Pricing:** The cost of this Workshop is £195 (and is limited to 20 participants), with the offer of an early-bird discount of **£175, if booked by 31 January 2019.** Food and refreshments are included in the fee.

**Location:** The full address for this event is: **Newnham College, University of Cambridge, Sidgwick Avenue, Cambridge CB3 9DF.**

Contact telephone number of the College is: 01223 335700.

[Click here](#) to find the link to the College’s website for directions.

**For further information or to book:** please contact **Margaret** by email at: [margaretwalshcoach@gmail.com](mailto:margaretwalshcoach@gmail.com)