



“Solstice! Honouring Winter’s Sacred Landscape”

Salon and Sanctuary on Friday 6th December 2019

9.00am for 9.30am to 5.00pm at Tofte Manor, Souldrop Lane, Sharnbrook, Bedfordshire,
MK44 1HH



“Many people who are secretly weary of work have never given themselves time, or taken time out or away from work, to allow their spirits to catch up. It is a simple but vital reflective exercise to give yourself plenty of time, leave all agendas behind you. Let the neglected presence of your soul come to meet and engage you again. It can be a lovely re-acquaintance with your forgotten mystery.”

Anam Cara, John Donohue

About the Salon

As the earth is stilling, we are also invited to pause as we say “yes!” that is both a moment in time and is also timeless. As you put yourself into alignment with the stilling of the earth, at this *Salon* you can also be held in community as you – and we together - salute the years end and gift yourself a little rest and renewal as you perhaps see in a fresh and different light and start to invite the new into form.

In this *Sanctuary* we will gather to take time together to honour the year that has just been, in order to help shape our hope and desires for the next year. We can reflect on the store of good experiences and memories that will act like a winter store cupboard to nurture us in the longer nights and shorter days of winter. We can have the space – alone and in community – to germinate the seeds of new thoughts, ideas and projects over the months to come as we connect to the essence of what we hope will take root in the Spring.

About the Day

We will gather in The Sanctuary in the parklands of Tofte Manor to connect to winter’s reflective energy, what you want from this day in the splendour of this sacred landscape. You will discover your word for 2020. You will craft your personal fragrance from essential oils to represent what it is you most



desire in 2020. All materials will be provided. Plenty of coffee, tea and hot chocolate will be available with lots of seasonal treats. Lunch will be a hearty soup with bread and cheese! Dress warmly and for all weathers! Bring your journal, pens and camera!

The *Salon* is eligible for 7 hours CPD and CPD Certificates will be provided

About Tofte Manor

Tofte Manor is 60 miles north of London and is easily accessible by car or train or train. Find out more about this beautiful place by visiting their website www.toftemanor.co.uk. A list of local accommodation can be provided if you would like to stay over either before or after the *Salon* upon booking. Joining Instructions will be emailed nearer the time.

Your Hosts



Your hosts, are Karyn Prentice and Elaine Patterson, and together we are PattersonPrenticeDesigns. We design and host uniquely creative reflective learning experiences in beautiful places across the world.

We are both internationally accredited Executive Coaches, Coaching Supervisors, OD specialists and Writers, and from October 2019 will co-lead the delivery of the Coaching Supervision Academy's Diploma in Coaching Supervision in London. Karyn and Elaine are National Training Journal Gold Award Winners for their peer supervision programme for a famous NHS Hospital Trust in



London Karyn also co-facilitates the Diploma in the US, Switzerland and France and works bilingually. We are both contributing chapter authors of 'Full Spectrum Supervision' published September 2013. Karyn's book "How Does Your Garden Grow? *Using the Lens of the Five seasons to Grow Yourself and your Life*" is due out this autumn. Elaine's book "Reflect to *Create!* The Dance of Reflection for Creative Leadership, Professional Practice and Supervision" is just out.

Cost

Costs are inclusive of coffees, teas, lunch and all materials. No Vat Is Charged.

Early Bird: For bookings before the 30th June 2019 £150.00 GBP

After 1st July 2019: £175.00 GBP

If you would to find out more please or would like to book you place please contact Karyn on karyn@fletcherprentice.com or Elaine at elaine@ep-ec.com.

Spirit of winter rest, help us to enjoy your peace in this quiet place.

Remind us to pause during this season.

Grant us awareness; keep our gratitude fresh each day.

May the songs in our heart be blessings and insights to us and to others and may compassion always shine forth from the depths of our hearts.