

Summer at The Hurst
Stepping into the Fire of Your Creativity
Friday 12th to Sunday 14th June 2020
A New Partnership from Elaine Patterson and Karyn Prentice
of PattersonPrenticeDesigns with ARVON



'Each of us is an artist of our days; the greater our integrity and awareness, the more original and creative our time will become'
John O'Donohue

Your Invitation

Our Summer Retreat is ideal for anyone who wants to bring their creativity into full bloom against the season's canvas in new and fresh ways. It offers an ideal opportunity for reflection at this mid-point in the year, as we near the Summer Solstice.

The Hurst, which is one of ARVON's three locations in the UK and was once the home of playwright John Osborne, is situated in a beautiful part of Shropshire and provides a perfect setting to nurture your inner muse. Arvon has been running writing retreats for over 50 years, and the space and ethos is designed to create the perfect conditions for self-expression. The rich tapestry of literary life is alive and well here!



We will draw on the radiance of June light to free your imagination and help you find the courage to breathe new life into your creative ideas and potential projects. You will leave inspired, enthused and flowering with fresh insights. The grounds and gardens of The Hurst are as sumptuous as they are extensive, and the azaleas and rose gardens will be in full bloom. Ancient woods, rare field orchids and stunning vistas all provide places to wander and to add your footprints to all those who have wandered along Arvon's creative paths.

About Your Retreat

Our Retreat is an eclectic blend of reflective writing, mindfulness, creative practice, walking, music, poetry, campfires and star-gazing, with wonderful food and warm hospitality, as we make full use of The Hurst's extraordinary location and are stimulated by like-minded company.

A local poet who has had her latest work recently published will be join us and offer further guidance and inspiration. Short 1:1 creativity sessions will also be available.

For the brave, wild swimming may be an option in the nearby river, so if this is for you please come prepared with your swimsuit or wet suit! There is also a gorgeous village with shops and a pub a short walk away.

About The Hurst



We will meet at The Hurst on the Friday afternoon, at around 15.00, and we will complete our time together at 16.30 on the Sunday afternoon.

All rooms are en suite. The Retreat will be for a maximum of 12 people. You can see more information about ARVON's history on their website, where you can also book your place.

The closest airport is Birmingham and the nearest train station is Craven Arms. You will be given local taxi numbers to book in advance for both arriving and getting back to the local train station, which is 20 minutes from The Hurst.

Delicious and wholesome afternoon and evening meals will be provided throughout, with relaxed, farm-style communal breakfasts as well.

Your Hosts

Elaine Patterson and Karyn Prentice, from the award winning PattersonPrenticeDesigns, are a creative partnership dedicated to hosting retreats in beautiful places across the world, inspiring people to be their best creative selves. Karyn and Elaine are very excited and honoured to be working in partnership with Arvon to host this unique Retreat.

They are both Senior Faculty at the Coaching Supervision Academy Ltd and co-lead the UK Diploma in Coaching Supervision. They are experienced international executive coaches, coach supervisors, retreat leaders, learning facilitators, creative writers as well as life long reflective practitioners. They have built a reputation for hosting beautiful Spring and Autumn Equinox Retreats at Tofte Manor in Bedfordshire in the UK over recent years.

Karyn's book, *Nature's Way: Designing the Life You Want Through the Lens of Nature and Five Seasons*, and Elaine's book, *Reflect to Create! The Dance of Reflection for Creative Leadership, Professional Practice and Supervision*, are both just out!

Testimonials from past retreat participants



'Karyn and Elaine are masters of creation – in orchestrating a profound and magical setting and process. I came in need of refreshing and depart sated in body and soul. Allow yourself this retreat. Your heart will thank you'

Adrienne McDunn, USA



'I can't recommend this retreat highly enough. An expertly designed and facilitated retreat which created ease and space for each individual; sumptuous accommodation, refreshing and energizing food and overall nourishment for the soul. I felt welcomed, supported, listened to and encouraged throughout the weekend. I left feeling surprised and delighted by the whole experience. The best investment I have made in myself in a long time'

Gail Lineham from Aspire People Development

'The retreat was an absolute joy to be part of. It was skillfully planned and expertly facilitated in a way that seemed effortless (but I am sure it wasn't!). There was plenty to do or not do as you so wished. The group, the individuals and the energy were allowed to naturally flow. I felt hugely rejuvenated and think that I achieved very significant personal results in a short space of time: changes that are lasting. I would attend again. Go in with an open mind and heart, be ready to deeply relax and yet challenge yourself, wake up the right brain and BREATHE'

Viv Chitty, Director of Viv Chitty Associates, Executive Coach and Coach Supervisor.

Your Investment

The cost for the weekend retreat is £725 GBP and includes accommodation, all meals and refreshments and all the activities and materials. VAT is not chargeable.

The retreat is eligible for 24 hours CPD.

For further information about the retreat please contact: Karyn at karyn@prenticefletcher.com and Elaine at elaine@ep-ec.com

To book go to www.arvon.org/writing-courses/courses-retreats/summer-at-the-hurst-weekend-retreat/

For more information about The Hurst and ARVON, please contact Centre Administrator, Dan Pavitt, on tel:+44 (0)1588 640 658 or email: thehurst@arvon.org



'... Yet, if you enter the woods
Of a summer evening late,
When night-air cools on the trout-ringed pools.
You will hear the beat of a horse's feet
And the swish of a skirt in the dew ...'
Rudyard Kipling from *The Way through the Woods*

