

# Nourishing Heart and Soul

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[www.swanageretreats.co.uk](http://www.swanageretreats.co.uk)



## November Newsletter

Bella Vista is really beginning to take shape . It is so beautiful here. We love it. The views are stunning and the atmosphere in the home is so comforting. The house really seems to love what's happening and we love the house!

Our courses are flourishing:

The first Nourish course - wellbeing practices for mind, body and soul, is over subscribed, so we will be running another one in the New Year.

Looking forward to our first retreat New Year, New You

Take sacred reflective time to set up your new year so that it can be all that you want it to be. Taking bookings now.

And very excited about the upcoming Diploma in Practical Spirituality and Wellness (Jan - Nov 2018) - a practical course embodying the core spiritual principles that unify religions and pathways, without dogma. Leading to a qualification enabling you to support individuals and groups in their spiritual health. Created by William Bloom and the Spiritual Companions Trust, accredited by Crossfields

*'There is a growing need for spiritually competent people whose approach is holistic rather than based solely in one faith tradition, in the fields of health care, pastoral care, therapy, education etc'*“(William Bloom – Founder Spiritual Companions) I’

- Deepen and establish your own spiritual awareness and practice
- Embody active emotional intelligence
- Connect with your own authentic wisdom and compassion from the inside out.
- Create a life of meaning, value and positive contribution
- Learn practices, tools and strategies for the wellbeing of mind, body and soul
- Take all this forward into facilitating others in their spiritual health and growth.

I taught this course in Norfolk, before it was accredited, and was moved and touched by how powerful, useful and meaningful it was to students.

*'I really appreciated your warm, friendly, compassionate qualities and how you brought these to the course. I have enjoyed everything about the course – probably the best/most useful course I have been on!'*

*'As the sacred space built, the course/ group became a real rock from which to sail my little ship each week'*

Taking bookings now. Don't miss out on this exciting opportunity - UK's first accredited course on spirituality and healthcare.....substantial reduction on bookings made before Dec 1st.

## Upcoming events

### Workshops

Sun 26 Nov: Workshop: Three Keys to Spiritual Health 10am - 1pm

Sun 26 Nov: Who is in the driver's seat - you or your emotions? 2pm - 5pm  
(2 workshops for the price of one)

### Residential Retreats

Friday Dec 1 - Sun Dec 3: Replenish your soul (ladies)

Friday Jan 12 - Sun Jan 14: New years Retreat

### Training

Nourish: Wellbeing practices for Mind, Body and Soul  
New course starting January 2018

Jan 18 - Dec 18 Diploma in Practical Spirituality and Wellness  
Taking bookings - early bird by Dec 1st

### Inspirational Quotes

*Say not 'I have found the truth', but rather 'I have found a truth'*

*Say not 'I have found the path of the soul',*

*Say rather 'I have met the soul walking upon my path'*

*For the soul walks upon all paths.*

*The soul walks not upon a line, neither does it grow like a reed.*

*The soul unfolds itself, like a lotus of countless petals (Kahlil Gibran)*

*'I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy' Rabindranath Tagore'*

