

# Wild and Wise

Re-connecting with our wild and wise selves

Growing up as girls we may have been unable to express our connection with our **wild nature** - for many reasons

Making our way in the world as women we may still find ourselves detached somehow from our **deeper wild wisdom**

This **one-day personal development workshop for women** offers a chance to meet with and listen to our inner wise and wild selves in a safe, supportive setting

There will be opportunities to use creative ways of working to assist us in this process

**Saturday 24 February 2018**

**9.30am until 4pm**

***The Hearth, Horsley near Hexham***

**Workshop facilitator - Margaret Bird**

(UKCP reg Psychodrama Psychotherapist)

Using creative action methods for personal development

**Refreshments provided; bring your own lunch**

**Wheelchair accessible venue**

**Booking essential – places limited**

**Fee: £60 standard rate / £10 non refundable deposit**

**Some concessionary places available**

**Contact: Margaret on 07443 764324**

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