

HEALING ALTARS OF THE HEART – KINGLEY VALE, SUSSEX

Sunday August 26th, 10 – 3.30pm



With Charlotte Yonge

An experiential woodland event with expressive arts, exploring themes of Eco-therapy and Natural Spirituality. Be prepared to conjure up a vision of natural beauty through your Inner Child, and improvising with rhythm, clay, vision journal and poetry.

Wear warm clothes, bring picnic snack. Meet at West Stoke car park (10 minutes walk to woodland. [From Chichester head north west on the B2178 to East Ashling. After the Horse and Groom pub turn right towards West Stoke and follow the signs to the National Nature Reserve Car Park]

Donations to Gatekeeper Trust.

For further information contact Charlotte, 01769 573243; m.07907527833;

email: creativeliteracy@gmail.com

Charlotte is a Vision® Coach using integrative expressive arts, with a special interest in tapping into our innate sense of awe, wonder, and the beauty of our natural world through the eyes of the Inner Child.

She believes that by tapping into *The Insignificance of Magnificence* of Human and Planet, we tread a path of reconnection in which we can re-integrate our selves within the landscape, allow the mystery of life to guide our vision, expand our hearts and empower our actions.

Kingley Vale has an ancient yew wood in a valley below hilltop barrows, and there is an air of sanctity surrounding the huge trees that hold so many secrets and memories.

'Each of us knows at least one place where we feel special - somewhere that makes us seem more alive, more in tune with the world, more truly ourselves. It is here that we connect with the spirit of the place and find universal harmony.'

'As we care for places in the landscape, we find that places in ourselves become healed. Journeys through the outer landscape can create within us new frontiers of inner perspective; we discover new depths of potential in ourselves that may have lain hidden before; new gifts can be released in us.' www.gatekeeper.org.uk

A Gatekeeper Trust event
Reg. Charity No: 326416