

22nd - 24th October 2010 - Poulstone Court, Herefordshire.

The Heart of it



with
Richard & Marigold Farmer

For more information and booking contact
Richard or Marigold on: Tel: 01989 740 590

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www.soulmoves.co.uk

The Heart of it - a Soul Moves retreat



Richard has more than 30 years teaching experience in Meditation and Tai Chi, specialising in living their essence in modern daily life. He is the founder of the nationally renowned Rising Dragon Tai Chi School.



Marigold originally trained as a Teacher of the Alexander Technique and Conscious Breathwork, focussing on care for carers. She currently works with individuals creating systems to enable clarity and ease in office and home and is training in Constellation work. She has been a student in the Ridhwan School since 2004.

Together Richard and Marigold offer a deep, balanced and rich space of experience, humour, wisdom and warmth.

Why Soul Moves?

A Soul Moves retreat offers you the opportunity to re-connect with your own aliveness and peace.

It is vital to re-find the inner sanctuary which lies at the centre of each one of us, just behind the tension - the Heart of it.

When faced by life challenges, if we allow this heart to lead and guide us, even the most difficult problem can be solved with grace. Life becomes more creative and abundant. We can then truly fulfil our heart's potential and live our lives rather than be the victims of circumstance.

with Richard and Marigold Farmer

This weekend will offer you rest, nourishment, support and inspiration in the company of like minded people and in the wonderfully peaceful setting of Poulstone Court.

How do we do this?

- **Using gentle Tai Chi exercises** to build strength, relaxation, and flexibility, and to allow you to explore the principle of stillness in motion.
- **Exploring meditation** – the art of being present. When we are present we have the ability to make a choice rather than be pulled by old habits of thinking and reactivity.
- **Having the opportunity to reflect** on how we live our lives, and exploring ways we might apply what we have understood during the retreat.
- **By deeply relaxing** and offering our presence to each other.

In addition, you will be given tools to help you develop and look after what you have experienced at the retreat. No previous experience is required

We invite you to join us and give yourself this gift.

Pricing Policy We aim to make our introductory retreats as financially accessible as possible so we keep tuition fees to a minimum. Although the accommodation fee is fixed, we trust you to choose your tuition fee in line with your circumstances.

Please fill in the booking form returning it with a £50 deposit.
If you need further help, ask us. We are happy to talk to you about what concerns you or answer any questions.

richard@soulmoves.co.uk, marigold@soulmoves.co.uk
tel/fax: 01989 740 590

Date: 22nd - 24th October 2010

Times: 6.30pm Friday to 4pm Sunday

Place: Poulstone Court, *easy access M4, M5, M50, A40, or train.*
See at www.poulstone.com

Cost: **Accommodation:** £131.60

Cost: **Tuition: Full fee:** £95.00

Tuition: Reduced fee: £65.00

(There is a limited number of minimum fee places. Please request on booking form)

Single rooms available to full fee only at an extra cost of £45.00 *(space permitting - please request on booking form)*

Food: **Vegetarian and gorgeous!**

Please book me ... full... reduced... or minimum fee place(s)... on the Soul Moves October weekend retreat. I enclose a deposit of £50 payable to RDTc to secure my place.

Name:

Address:

Post Code:

Phone:

Email:

Please tick: Single Room request: *(extra £45.00)*

Send to: RDTc, PO Box 149, Hereford HR1 9EU