

The Centre for Movement and Creative Arts in Psychotherapy
Retreats 2024/5

*Connecting with the Earth: Engaging with Nature to Resource
the Self*

Saturday 21st and Sunday 22nd September 2024

Middlethorpe Hall Hotel and Spa, York



During this weekend retreat we will draw on and integrate Creative Arts approaches to Psychotherapy, Yoga and Anthropology to explore our relationship with nature and the natural world; and the meaning they might have for us. Through engagement with nature, we will consider its' potential as a resource for discovering and deepening our understanding of ourselves, our relationships with others, and our relationships with the wider world around us. Reflection on imagery about nature found in stories, visual art, songs, dances, and music from popular and classical culture from the UK and around the world will provide a springboard for our journey. Dance, movement, story, writing, music, singing, visual art, and the natural environment will be used as media of exploration. Weather permitting, we will work outside in the beautiful National Trust gardens at Middlethorpe Hall Hotel and Spa. No prior experience is necessary.

- The cost is: £285 for the two days which includes lunch, refreshments and use of the Spa facilities and National Trust Gardens
- Accommodation is available at the hotel for an additional cost

The retreat is led by Dr Allison Singer. Allison is a Dance Movement Psychotherapist, Yoga Teacher and Dance Anthropologist who weaves together psychotherapy, anthropology, creative processes and Yoga to create a safe, nurturing, creative, playful environment in which to find a space for reflection and explore our relationships to ourselves, others and the wider world around us.

For Further Information, please contact: allison@mapthy.com