

SPACE ^{to} BE

An opportunity to be reflective in your own way and at your own pace



DATES:

15 – 18 October 2020

4 – 7 February 2021

8 – 11 July 2021

25 – 28 November 2021

SPACE to BE

These retreats are open to any individual who is looking for some quiet-but-purposeful time in beautiful surroundings with a light-touch, semi-structured programme that is hosted and facilitated by Trigonos. Using the main meeting room, with its wonderful view of Snowdon as the group's base, each day will start with a meeting to plan the day (what individual's want to do on their own and what the group might do together) and end with a gathering to share reflections.

Available resources include:

**Art materials • Books in the library • CDs offering a range of music
A variety of local walks • Yoga mats, blocks and cushions**



GOING WITH THE FLOW

whatever the season, the weather or any prevailing personal or external events – enjoying sounds and silence; speaking and listening; moments of being and moments of doing



REFLECTING

on your individual journey, on the signposts in your life; how you make your mark in the world and where your next steps may lie



PROMOTING WELL-BEING

Through enjoying the warm hospitality and nourishing food from the Trigonos team and opportunities to explore some new approaches to self-care

DISCOVERING THE WISDOM OF OTHERS

by dipping into the library with books on different faith traditions, mythology, social action psychology, personal journeys, environment and much more



GETTING PERSPECTIVE

by looking at our place in the landscape – perhaps by exploring the nearby slate quarries or going to the sea or climbing a mountain or just strolling in the beautiful walled garden



FACILITATORS

The **Space to Be** retreats will be facilitated by one of the Trigonos founders, **Ros Tennyson**. Ros has worked for 25+ years as a trainer / workshop facilitator and written a number of books and manuals on multi-stakeholder collaboration and has a strong commitment to enabling individuals to find their place within a group. In 2021, she will be joined by **Surinder Hundal** who has a professional background in communications, is an enthusiastic story-maker and has recently qualified as a medical herbalist.

FIND OUT MORE...

...about **Space to Be** from Ros Tennyson - ros@rostennyson.info

COSTS

This is a residential programme and charges will depend on accommodation selected ranging from £270 for a twin room with shared facilities to £345 for a single en-suite room. Full board for the duration of the course is included in the cost.

At the end of the retreat, participants will be invited to make a donation that will be split between an honorarium to the facilitator(s) and a contribution to the Trigonos Projects fund.

BOOKING

Book early as there is a limit of seven participants per course,

Enquiries about availability, bookings and payments to Trigonos:

info@trigonos.org

+44 128 688 2388

www.trigonos.org

“The facilitation was light yet attentive...I really enjoyed feeling I could be on my own or be with someone and knowing I would be meeting up with the group”

Feedback from February 2019

