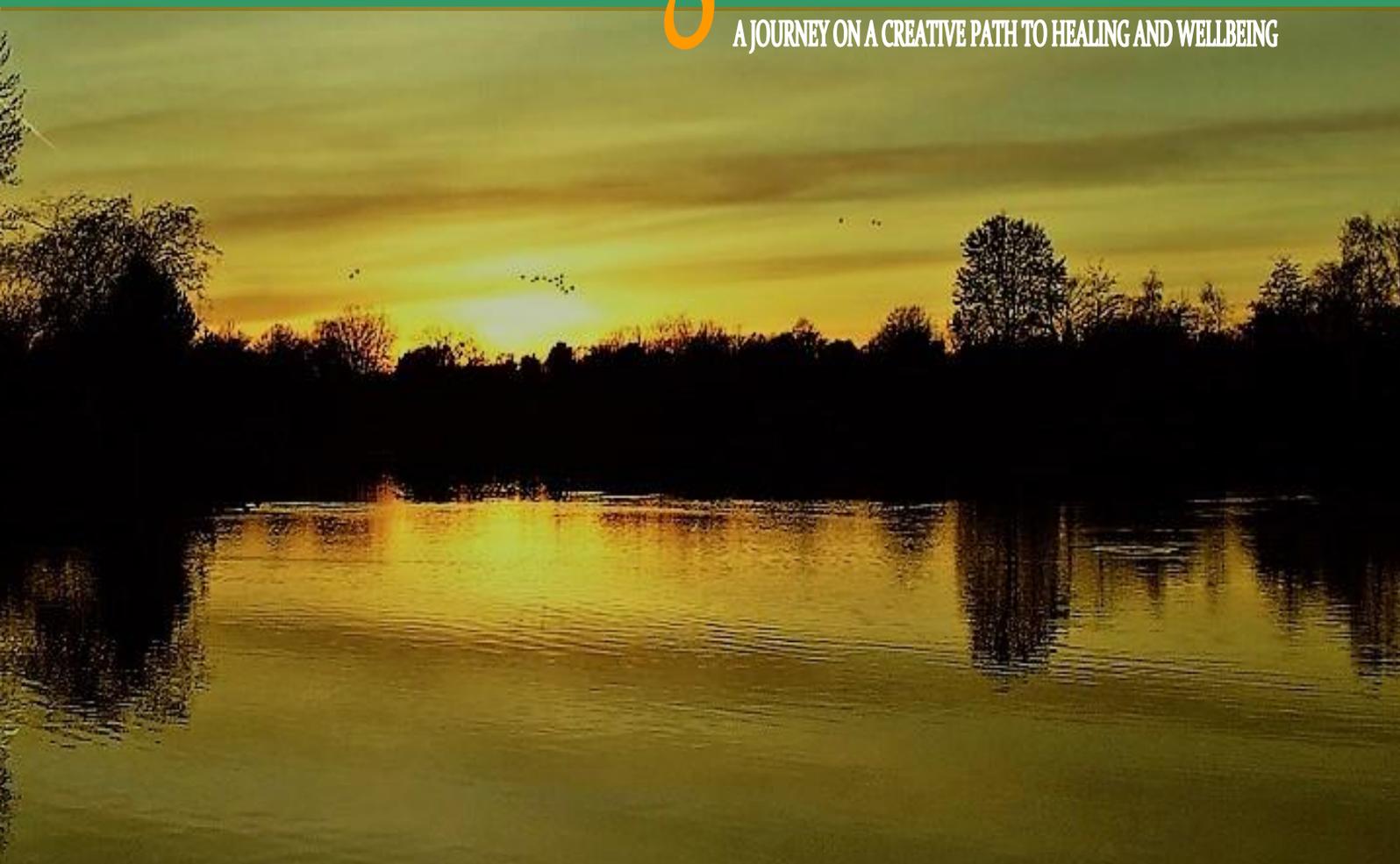




# Mindful Angel Re-TREAT

A JOURNEY ON A CREATIVE PATH TO HEALING AND WELLBEING



*'In the infinity of life where I am, all is perfect, whole, and complete.'* – Louise Hay

## Welcome to our Mindful Angel Re-Treats

This amazing space is created for you to discover the inner angel of kindness and love within yourself. The 1 day Retreat is designed to help you Re-Set and Re-Claim yourself by nurturing nourishment for the mind, body and soul, cultivating mental resilience, promoting healing and wellbeing.

### Who & Where



**View of grounds in sunset, Claydon Estate, Buckinghamshire**

This empowering experience is hosted at the Lucinda Brown Studio, set in the grounds of beautiful Claydon House Estate (National Trust), famous for being the summer residence of Florence Nightingale, in the beautiful countryside of Buckinghamshire. The workshops are jointly, led by:



**Lucinda Brown** - Since graduation, It has been my greatest pleasure to create the artwork I sell to clients and galleries across the UK and internationally. I began my journey with clay as a mature student aged 42, now with more than 20 years experience, I feel worthy of passing on my skills and allowing individuals to create their own masterpieces as they learn the techniques that has taken me years to master. From an early age, my appreciation for arts and crafts was apparent.

Textiles absorbed my interest for many years before I found myself on an art foundation course which led me to attend the University of Wolverhampton for further study. I have lived above my studio on the Claydon Estate since 2001. It's a beautiful, peaceful place to be.

Living alone since 2008 has allowed me to focus on personal growth and discover a harmony which is so elusive these days. A few years ago, a beautiful soul shaped like a cat came into my life, Cats! the Zen teachers of the world. Gardening is another passion, so creating wall art to decorate the ancient brick walls just came naturally.



**Geeta Pendaer** – A trained Practitioner in Dancing Mindfulness in Clinical and Community Settings, Reiki Master, NLP Coach and Founder of [2Justbe](#).

As a 'looked after child' in the 1970's, having to deal with all types of abuse from those that should have protected and cared for me, I quickly realised mental resilience was the only way forward for me, which I found through dance and music as a child; in my case I shut out everything put on the music and danced with my soul in my special space. I looked through my own 'rose tinted glasses' at the world, outwardly, not paying attention to my 'inner child.' This led to my vulnerability and emotional fragility that determined how I dealt with people, and they me. However, on the positive side, my life as an independent, strong, passionate woman lends itself to, achieving much, travelling loads and learning every day. Sadly, there was a void, a dull ache inside of me that needed healing. So, I decided to seek 'supervision' of a different kind and stop 'kidding' myself and start 'being kinder to myself.' I embarked on my holistic journey, attending many Mindfulness Retreats, being very 'present' and fully understanding the meaning; then flying to Pittsburgh to train in Dancing Mindfulness with Dr Jamie Marich and completing my NLP Training with Dr Richard Bandler (learning only from the best). I got 'it,' not just the certificates, but the wake-up call, 'I woke up,' finally, embracing and making peace with all the experiences, the challenges, the gains and losses. I drew on all of the above and started my new healing journey, to help others to cultivate theirs and take control, in total realisation, of their journey to nurturing nourishment for their mind body and soul.

## What's on offer...

The programme is packed with activities to enable individuals to explore and access their inner child and artist within throughout the day as follows:



- 08:00** Welcome, Housekeeping and Introductions
- 08:30** Grounding and Meditation
- 09:00** Session 1: Led by Geeta
- My Heart Matters – Working through the emotions of your inner child and journaling.
  - Mindful Self Compassion – Affirmations and Mirror Work
- 10:30** 30 Mins Comfort Break and Reflection time.
- 11:00** Session 2: Led by Geeta
- 2Just DANCE – Mindfulness in Motion (MiM)
  - Dance Chapel, Journaling and Reflection Time
- 13:00** 1 Hour Noble Silence Lunch @ The Phoenix Kitchen
- 14:00** Session 3: Led by Lucinda
- Angel Making Workshop
- 15:30** 15 Mins Comfort Break and Reflection time.
- 15:45** Continue with Mindful Angel Making led by Lucinda
- 17:45** Reflection/Meditation and Angel Work
- 18:30** NAMASTE

## What is in a Re-Treat...??



A retreat gives you the wonderful opportunity to step back from our daily lives to find a moment of rest, to get in touch with yourself and simply find inner peace. Our Re-Treats offer you all of the above with the extra ‘treats’ using expressive arts-based practice. It is a way of taking time out for ourselves to assess our life decisions, helping us to bring a sense of clarity to the challenges we face, and how to manage them. Furthermore, being in this amazing space nurtures nourishment of the mind, body and soul, promoting healing, wellbeing and mental resilience.

Here are 10 reasons to come to our Re-Treats

1. ‘I am done’ - **DISCONNECT** from the routine of daily life
2. ‘Who am I...???’ - **GET TO KNOW** yourself
3. ‘What is my purpose in life...???’ - Find your true **SELF**
4. ‘Everything is coming at me, I can’t think clearly’ - Have time for **REFLECTION**
5. ‘Why do I always want more...???’ - Contemplate and learn from the **LITTLE THINGS IN LIFE**
6. ‘I am exhausted’ - Truly **REST**
7. ‘I am not good at anything arty’ – Be kind to yourself, relax and **CREATE**
8. ‘My energies are drained everyday’ - **RECOVER** positive energies
9. ‘I want to feel happy in myself’ - **REJUVENATE** and strengthen your spirit
10. ‘I don’t know where I am in my life right now’ - **FIND** a new approach in your personal and professional life

## Who is it for...??

Basically, ‘anyone’...

If you can resonate with the questions above and are looking for the space ‘to just be’ then our Re-Treat is for you. So, why not take a break from fallout of daily life and join us to on a creative path to healing and wellbeing. Come and **CREATE**, **RECOVER** and **REJUVENATE**, be kind to yourself and nurture the nourishment that your mind, body and soul needs.



## How much does it cost...??

The 1 Day Mindful Angel Re-Treat offers the full programme described above, including refreshments throughout the day and lunch. A menu will be provided for you to select your meal prior to your arrival. The cost per person is £250.00. A deposit of £50 will secure a place, which has limited numbers of 10 per group.

## How to book a Re-Treat...

Our Re-Treats start on 4th of May and run through on every Saturday to the end of September. If you would like to join us on your Re-Treat, please [Book](#) a day with us now, and [Pay Deposit](#) here, Thank you.

Alternatively, if you have any queries, you can email [Lucinda Brown](#) or [Geeta Pendaer](#) or visit our websites listed below, or call us. We will be very happy to help.

## Get in touch with us:

### **Lucinda Brown**

Founder of My Angel Workshops



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Founder of 2Justbe



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“When the student  
is ready the teacher will appear.  
When the student is truly ready...  
The teacher will Disappear.”

— Tao Te Ching

Surrender to what is.  
Let go of what was.  
Have faith in  
what will be...

“In today’s rush, we all think too much —  
seek too much —  
want too much —  
and forget about the joy of just being.”

~Eckhart Tolle

“When ‘I’ is  
replaced with ‘we  
Then illness  
becomes wellness”

**Justbe**®

Pause • Reflect • Breath



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