



BEING SPACE



Being & Reflecting One-Day Workshop

"Individually, we are one drop. Together, we are an ocean"

Ryunosuke Satoro

When we gather with a common purpose to explore together and support one another, unexpected and magical things can happen. In offering these Workshops my intention is to create and provide a space for us to be, and for transformation. How you are, what you bring and how you show up in the space is always unique, relevant and an important part of the mix.

Welcome to Being & Reflecting.

Catherine

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If you would like to find out more, please get in touch or arrange a short Zoom meeting. Dates and booking details can be found on [beingspace.world](https://beingspace.world).

Call or WhatsApp: +44 7770 267230

E-mail: [catherine@beingspace.world](mailto:catherine@beingspace.world)

Arrange a Zoom meeting:

<https://go.oncehub.com/15MinuteChatWithCatherineLlewellyn>



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## Being & Reflecting One-Day Workshop

*A day workshop incorporating meditation, sharing circle and other structures to support deepening reflection and the discovery of insights and meaning. Create space for reflection. Throw light on your life.*

When we reflect we access new layers of insight, creativity and motivation. On this workshop we explore what's happening in your life, what it means to you and the lessons available to you.

- A self-sustaining and consistent structure for close individual self-attention, in the company of others
- Tune in to what truly matters to you in the moment and let go of imposed expectations
- Experience the deep nourishment of a safe and welcoming space to be exactly as you are
- Follow your intuitive lead and discover hidden insights and answers
- Discover your own true questions and give them leave to run and reveal your inner treasures

Location: Brilley Hall, Brilley near Hay-on-Wye, Herefordshire UK HR3 6JG

**Investment for one-day workshop: £120    Payment plans are available.**

