

# THE HEART OF CREATIVITY

## Weekend retreat : Mindfulness & The Arts

This is the first event of the international **Mindful Artists Network**. Are you a writer, musician, filmmaker, performer, visual artist, storyteller, dancer, art therapist, journalist, or work in some other art form? Are you looking for a way to ground your art in a mindful, sustainable, spiritual practice? You are invited to come together for a weekend of meditation, creative exploration and community building.

**28 – 30 June 2013**  
**Newbold House**  
**Forres nr. Findhorn,**  
**Scotland**

**Facilitators:** Dharma teacher Sister Jewel (Chau Nghiem), Sister Hai Nghiem (both from the European Institute of Applied Buddhism, Germany),  
Susanne Olbrich (pianist/composer, Findhorn, Scotland),  
Aleksandra Kumorek (writer/ director, Berlin, Germany)

Newbold House is part of the Findhorn Community in the beautiful North of Scotland. **Cost:** £210 in shared rooms (single/double rooms, camping and non-residential places also available).

**Booking, information, contact:**

[www.mindful-artists.org](http://www.mindful-artists.org), or phone Susanne Olbrich, +(44) 1309 692253

Together  
we are one



### RETREAT:

**Spiritual Practice – Creative Exploration – Reflection – Community Building**

Mindfulness is being here now, with kindness and openhearted curiosity. On this weekend, we will slow down and come home to our body and breath by practicing sitting, walking and eating meditation together. Simple movement practices, Deep Relaxation, periods of silence and time spent outdoors will all be part of this retreat.

Playful exercises including sound, music, images and natural materials will encourage creative exploration and connection amongst participants across art forms. The creative process invites receptivity, presence and non-linear thinking. By listening deeply to ourselves, each other and the earth, we can tap into those qualities and connect with the creative fire at the source.

Another focus will be on reflection: What kinds of seeds do we as artists water in the collective consciousness of our society? How can Buddhist ethics be integrated into our work? There will also be opportunities to continue working on these themes after the retreat for those who wish.

The ancient tradition of tea ceremony will provide a frame for participants presenting their creative work within the group (please bring along some examples). Building sangha and strengthening connections amongst creative practitioners is one of the aims of this retreat, and there will be room for sharing and networking.

**NEWBOLD HOUSE** is a beautiful workshop centre set in extensive organic gardens and surrounded by woods. It is part of the Findhorn Community in the North of Scotland.

[www.newboldhouse.org](http://www.newboldhouse.org)

### FACILITATORS:

**Sister Jewel (Chau Nghiem)** is from the US and ordained as a nun in 1999. She is passionate about exploring the ways art, play and spiritual practice intersect and sustain each other. She regularly leads mindfulness courses for artists, has a background in dance and improvisation, and is editor of *Planting Seeds: Practicing Mindfulness with Children* by Thich Nhat Hanh.

**Sister Hai Nghiem** is of French and Malagasy origin. She plays the flute, has a background in improvisational theatre and is engaged in sharing mindfulness with young adults and teenagers.

**Susanne Olbrich** is a pianist, composer and educator. She has been living in the Findhorn Community (Scotland) for 12 years and is a lay member of Thich Nhat Hanh's Order of Interbeing.

**Aleksandra Kumorek** is an author and director of feature and documentary films for TV and cinema, and a teacher for audio-visual arts. She is a member of the Order of Interbeing and lives in Berlin.

### RATES:

£210 in shared rooms

£190 camping (please bring your own tent)

£160 non-residential (includes meals)

£230 single room, £222 double/twin room (the number of double/twin and single rooms is limited)

These rates are set to cover the basic costs of the retreat and do not include any fees for the facilitators. At the end of the weekend participants will have an opportunity to offer a donation to the teachers in the Buddhist tradition of Dana if they wish.

### TRAVEL:

Nearest airports are Inverness (30 miles / 48 km) and Aberdeen (120 miles / 192 km). You are welcome to arrive earlier or stay on after the retreat, for accommodation please consult the B&B list on our website. Early booking is recommended.