



Soul Quest

*A Journey into
the imaginal realms of Soul*

**A 5 Rhythms Dance and
Expressive Arts ongoing group
over 4 weekends**

with

Barbara Sellars

at

The Gillis Centre
100 Strathearn Road
Edinburgh

Oct 22nd/23rd, Dec 3rd/4th,
Jan 14th/15th, Feb 25th/26th

Soul Quest

Who are you ? What are the dances, the colours, the gifts of Soul that move uniquely through you ? What is your rhythm and resonance in this life, the essential 'you' beneath the limited definitions we often have of ourselves? What does your Soul need to say at this point in your life?

This Workshop offers an opportunity to make space for the Soul to speak, its shifting shapes finding their emergence and expression through our creative explorations (which will include paint, collage, movement (with and without music), writing and costume.

We will be dancing deep, moving beyond the thinking mind into the realm of vision and imagination and our dance will provide us with a grounding, releasing and integrating power house for this creative adventure.

When we trust and surrender to the spontaneity and wisdom of our creativity, the images that arise from the depths can surprise, delight, disturb and fill us with a sense of awe at the mysteries and truth they unveil.

Witnessing and being witnessed will be an essential part of the journey as we find ways to express and honour the truth in ourselves and others.

Prerequisites: This is a mixed media workshop and includes 5 Rhythms Dance alongside expressive art forms. It is intensive and you will need to be open to the adventure and challenge the journey involves. Creative exploration is powerful ! Previous experience of 5 Rhythms Dance or similar movement practice is highly recommended. You do not need any experience of other creative art forms but you will need a willingness to enter in and explore through a variety of creative media.

Workshop times: Each weekend will be 10:30am -5:30pm both Saturday & Sunday

Cost: £400 for all 4 weekends, including Art Materials (£340 for bookings received by 24th September 2011).

To Book: £75 non-refundable deposit, cheques payable to *Peacock's Tail* and balance to be paid in full at the first weekend.

Send deposit to:
Barbara Sellars, Peacock's Tail,
60 Dumgoyne Avenue, Milngavie G62 7NX

Barbara is an accredited teacher of 5 Rhythms[®] Dance and has studied Expressive Arts Therapy with PCETI (Europe). She has been facilitating classes and workshops using movement and other expressive arts since 1998 and has been on her own Soul Journey through dance, writing and creative exploration for many years.



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