

# '3 Door Writing' Workshop with Soundbath

## An Introduction to the the hidden Wisdom of Free-Writing with Helen Beale



**Sunday 21st May 2023**

**11.30am - 4.30pm.    £50**

This is a liberating way of writing that is non-linear, non-narrative. It is a type of free-association writing put into a specific exercise to access the wisdom of the unconscious. It's easy - anyone can do it! And yet it also reaches deeper levels of knowing than a rational use of language. Once experienced it can be a useful therapeutic tool to support wellbeing.

This is not a creative-writing workshop! We will let go of any association of writing with craft, performance, judgement. It can be a truly healing and creative experience. All writing is kept private rather than shared; this enables us to write freely, enjoyably, without censorship.

- Calms anxiety.
- Rekindles creativity.
- Bring your favourite pen and an open mind!
- We will conclude the day with a 30minute relaxing soundbath.

**Where:** The Art of Wellbeing Centre,  
36 High St , Pershore,  
Worcestershire WR10 1DP

**Pre-booking and payment essential.**

**Contact Sandi or Helen to book your place:**

**Sandi:** 07887877865

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Tea and coffee provided.

Bring your own lunch or go out into Pershore.