

# Cultivating a Forgiving Heart

a workshop with Marian Partington

£50 (early birds pay £45 before Easter 2019)

Saturday May 18<sup>th</sup> 2019 9.30am - 4.00pm



Marian is the author of *If You Sit Very Still and* was recently a speaker at Bleddfa Annual Lecture with Marina Cantacuzino. Marian has always been engaged with healing: as a homoeopath, and in prisons and schools as a story teller and facilitator for the Forgiveness Project since 2005 ([www.theforgivenessproject.com](http://www.theforgivenessproject.com)). Her work is in response to the traumatic loss of her sister, Lucy, at the hands of Fred and Rosemary West.

This workshop, led by Marian, offers a safe space to explore and experience the complexity of becoming For-giving. We will engage with contemplative silence, meditative movement and creative sharing in small groups. By facing the darkness within ourselves and others, we begin to realise the radical, imaginative liberation of forgiveness which allows the healing spirit of love.

## BOOKING FORM

(one participant per form, please)

|   |  |        |                          |
|---|--|--------|--------------------------|
| Your name   |  |        |                          |
| Address   |  |        |                          |
|   |  |        |                          |
| Phone   |  | Mobile |                          |
| Email   |  |        |                          |
| Please tick if you're happy to receive our email newsletter and event notifications |  |        | <input type="checkbox"/> |

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| Pay by bank transfer: Bleddfa Trust sort code 20-39-64, a/c no 70149020 <b>or</b>                  |  |
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| Phone us to pay by card – 01547 550377 (will return call if closed)                                |  |
| OPTIONAL: Add £8 for a 2 course lunch with tea, coffee or soft drink                               |  |
| <b>TOTAL</b>   |  |

Use your surname and **FORGIVING** as the reference for payments

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| Feel welcome to bring your own food, but if you are booking a Bleddfa lunch please let us know of any special dietary restrictions here |
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| Please let us know how you heard about the event |
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- Registration and meeting is at 9:30am, the workshop will commence at 10:00am

Please return your booking form by email to [hello@bleddfacentre.org](mailto:hello@bleddfacentre.org) or by post (including payment if necessary)