

Mindfulness Day

Watering Seeds of Creativity & Joy with Susanne Olbrich

We all have the seeds of creativity and joy inside. This day will be an opportunity to water them. Mindfulness meditation has the capacity to renew body and mind and to nourish the heart. We will practice sitting, walking and eating meditation together. Spending time in nature, simple movement practices and a sound walk will deepen our awareness and open the senses for beauty. Creative expression with sound, colour and nature materials will help us to (re)connect with the inner source of playfulness, clarity and joy. No previous experience necessary, everyone welcome.

What participants of previous days said:

"I loved the freedom to explore my creative side with gentle encouragement."

"Deep listening and improvising in nature were a profound and beautiful experience, helping me to connect with life on a very deep level."

"Thanks for a deeply inspiring and fun time!"

Susanne Olbrich has been practising Mindfulness meditation with Zenmaster Thich Nhat Hanh for many years and trained in Mindfulness-based Stress Reduction (MBSR). As a pianist, composer and music teacher she loves bringing mindfulness and creative expression together in a warm and encouraging way.



Time Saturday May 24th, 10.30am – 4.30pm

Venue Anam Cara Retreat Centre, Inverness

Cost £25 for the venue & dana/donation for the facilitator

Booking & information Susanne Olbrich, creativepiano@yahoo.co.uk,
01309 692043 (please note: booking essential)