

# Booking Form

Please complete this form and return

Name -

Address-

Telephone Number-

E-mail address-

**Please tick the dates you would like to attend and return with payment.**

Saturday January 28th "The Wisdom of Winter"

Saturday, April 28th "Bursting into Bloom"

Saturday July 7th ."Celebration of Colours"

Saturday 20th October."Harvesting and Hoarding"

Each Retreat costs £50.00 including lunch.

Please send cheques to DP Larios, 33 West Way, Three Bridges. RH101JY.  
Direct Banking by invoice only

# Dorothy Larios



Dorothy has spent her life being close to nature from her roots as a daughter of a market gardener in Scotland to her Mediterranean courtyard garden, her sanctuary when living in Athens. Her travels and life challenges have given a strong foundation for developing her successful Executive Coaching practice based in Sussex. A nursing background, a special needs son and many personal transitions led to deep learning and a great interest in the wellbeing of herself and others. Dorothy writes on Health and Wellbeing for local publications and for the Health Service Journal. Retreat coaching is one of her specialities and she invites the "weary well" to share in her insights and take time for themselves.

Dorothy loves personal development, coaching, writing, creative practices, yoga, gardening, ornithology, meditation, mindfulness and botanical art.

[www.restofyourlifeuk.com](http://www.restofyourlifeuk.com) [www.nvisioncoachinguk.com](http://www.nvisioncoachinguk.com)



Rest of Your Life  
[info@restofyourlifeuk.com](mailto:info@restofyourlifeuk.com)  
Call 01293 550 835



# Rest of Your Life Day Retreats 2012

Seasonal Retreats at  
the Garden House,  
5 Warleigh Road,  
Brighton.  
BN14NY



Tel: 01293 550 835

# Seasons of Change

Dorothy Larios invites you to join her.



Let us explore the nature of change and how to accept that change is the only constant in life. We experience many types of change throughout our lives; some planned, others accidental, some positive or negative.

How we view the future and how success and failure influence us is part of how we cope with changes.

Taking lessons from nature and using the seasonal transitions as our guide, join me in four discovery days. Allow your own journey to grow from the seeds that we plant together.

You will ;

- Consider the types of changes and what you may be experiencing
- Move forward from feeling stuck, suffering hurt, or perhaps being in denial
- Experience living, dying and life cycles as natural processes
- View the choices that you have as valuable nuggets for richness and growth
- Begin your journey to new perspectives and a life of personal meaning



# Themes and Dates

<p><b>“The Wisdom of Winter”</b> Being in the season of stillness we take stock, learn from our past and begin to see the light as days lengthen. Walk in the garden and witness how weathering adds character, winds bring freshness and darkness opens to hope and new perspectives.</p>	<p>28th Jan 2012 £50.00 all inclusive of refreshments and light lunch</p>
<p><b>“Bursting into Bloom”</b> Begin to notice the new growth, moments of synchronicity, messages in the emerging blossoms. As you heal and re-energize we look forward to new visions and form new relationships. Spend time reflecting on the vitality of new life and possibilities</p>	<p>28th April 2012 £50.00 all inclusive of refreshments and light lunch</p>
<p><b>“Celebration of Colours”</b> Time to have fun, play and work in the garden and celebrate the joy of colours, tones and hues. Write, draw, weed, redesign and plant while we wait on the ripening and maturity. Metaphors and images guide us to our summer growth.</p>	<p>7th July 2012 £50.00 all inclusive of refreshments and light lunch</p>
<p><b>“Harvesting and Hoarding”</b> Your changes are well under way, attitudes and emotions more positive and the riches are coming home to store up for future use. Consolidate, appreciate and give thanks for the gifts that we have taken from this special garden. Sharing your reflections in a creative way.</p>	<p>20th October 2012 £50.00 all inclusive of refreshments and light lunch</p>

# The Garden Room

The Garden House goes from strength to strength. Deborah and Bridget always have to think ahead! In November 2009 they built the new garden studio – literally ‘the garden house’! It is sited in Bridgette’s garden, nestling in amongst the trees – a teaching space which can comfortably hold courses for up to 25 people, all year round (it’s got a wonderfully cosy wood-burning stove). This space is also available to hire, and already many local organisations and craftspeople are running courses here too.



[www.gardenhousebrighton.co.uk](http://www.gardenhousebrighton.co.uk)

Photograph by Darren Baldwin

Join us in the garden and the garden room . We will explore through creative and reflective practice, learn from being in touch with natural growth and the magic of witnessing the seasons. Home grown produce prepared to supply you with lunches and snacks throughout your day.

