



# Artistic Journeys : An Introduction

Edie McLeish and Gill Walton,  
BA (Hons)

23rd March 2019 10 - 4.00pm  
Conference Rooms, YHA Berwick, Dewars  
Lane TD15 1HJ.

This Artistic Journeys one day course offers a gentle introduction to guided meditation to help you access your creativity and confidence and produce wonderful works of art. Your guides will be Shamanic practitioner Edie McLeish and artist/tutor Gill Walton

Edie is a qualified Shamanic practitioner and will teach you and guide you through some initial relaxation into your own experience of unlocking your creativity through Shamanic journeys. Edie will offer advice and support with this exciting process.

Gill is an experienced Art tutor whose own paintings are influenced by 'journeys' she has had. She will be helping you bring your own visions into reality by making an art work that is based on what you have just envisioned.

This organic, experiential workshop promises to be a deeply enriching and relaxing learning experience.

All are welcome, no experience of meditation, Shamanic practice or Art necessary. There will be a maximum of 10 places so early booking is recommended.

Participants will be sent a letter or email advising how to prepare and what to bring (this will include a blanket and pillow). Art materials will be provided and are included in the price, but you are welcome to bring along any favourite materials to work with.

Your intention will be simply to enter the dream time of Shamanic journeying and notice what you find there. This commonly manifests differently for every person based on their own experience and way of being in the world. You will then be given guidance and support from both tutors to create art works which help embed and interpret what you have discovered.

## Course Content

10 am : Introduction

Short meditation/relaxation

Journey to connect with and explore your journey entry point, known as the Axis Mundi

Pairing up to share experience

Tea break

Creation of artwork to depict Axis Mundi

Lunch: 45 minutes. Bring a packed lunch or cafe at YHA is open

Longer journey into using your now familiar Axis Mundi to seek your own spirit animal or ally

Creation of art work to depict your visions

Tea and cake and sharing of experience. Finish by 4.00pm

The cost of the course is £45 including refreshments. All are welcome and no previous knowledge is assumed.

If you supply us with your personal data (name, address or email), we will hold this in accordance with our privacy policy, available [here](#) or by request to BEA, 7 Ravensdowne, Berwick-upon-Tweed TD15 1HX. If you have any queries, please email [berwickea@gmail.com](mailto:berwickea@gmail.com) or phone Cian McHugh on 01289 303254

**To book online**, [please click here](#) **To book by mail**, please fill in the booking form below, and mail to BEA, 7 Ravensdowne, Berwick-upon-Tweed TD15 1HX along with a cheque in favour of BEA.

Name

Address

Tel No

Email

Cheque enclosed £

*(Artists Journey)*