

Soulful Play

A playful workshop that employs both dynamic
and soothing activities to explore deeper
connections to ourselves, to others and to nature

WHEN:

Sunday 4th October 10.30am - 5.00pm

WHERE:

Boiling Wells, St. Werburgh's City Farm, Bristol

WHO:

Open to adults — no previous experience needed

COST:

£50

BOOKING:

strudwick_anna@hotmail.com

<https://hdfst.uk/e160685>

*"The soul is placed
in the body like a
rough diamond,
and must be
polished, or the
luster of it will
never appear." —
Daniel Defoe*



Anna Strudwick
Clinical Psychologist



Tim Goldman
Drama Therapist