



THE SARA LEE TRUST

## Natural Rhythms

For people living through serious illness



Meeting in various venues close to nature around the local East Sussex countryside

## Natural Rhythms

Taking place in various venues around the local East Sussex countryside these weekly sessions seek to explore experiences and metaphors within the cycle of the seasons and Solar festivals through creative writing, images, story telling and simply being in nature.

The group meets for 2 hours on Tuesdays in 4 week blocks, with a short break between each block (a list of the dates and venues are available from the Sara Lee office 01424 456608). This group offers a time of mutual support and sharing. In the summer and autumn Natural Rhythms meets at Powder Mill Wood in a yurt (Mongolian tent). The yurt is crafted from willow to produce a woven frame over which a canvas skin is stretch to create a beautiful light circular space. In the winter we journey to an old oak cottage set in rolling farmland and the spring time is spent enjoying a venue allowing the group to experience the newness of the season with it's suggestions of new life and hope.

By following the Solar calendar we can mark the associated festivals, myths, stories and in reconnecting to the rhythm of these we trust people will be helped to slow down, trust, experience the moment, to receive the wisdom from within nature, to find your place in the cycle of life, death and rebirth and or to simply experience more deeply the richness of the season and rhythm of your own breath.

### Time

Please arrive for a 10.30 start but come along a bit before and have a cup tea, the morning finishes at 12.30.

### Cost

The Sara Lee Trust does not make a charge for these groups, however if you wish to contribute to the cost of Natural Rhythms donations can be made either on the day or to the Sara Lee Trust office.

Any cheques donations need to be made payable to the Sara Lee Trust.

### **Transport**

If you require transport the Trust can arrange a Sara Lee Centre volunteer driver to pick you up. Please contact the office 01424 456608.

### **Booking**

You do not need to book, please feel free to just come along to one or as many of each of the sessions as you want. Please ring the office to find out the dates or discuss any other issue.

### **Facilitators**

The group is lead by experienced facilitators working for the Sara Lee Centre. Periodically the Sara Lee Centre may invite external people to support and work with us.

### **Further information.**

Please telephone or e-mail

Sarah Geall - Therapeutic Manager  
Sara Lee Centre  
25 Upper Maze Hill  
St Leonards on sea  
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Tel: 01424 456608  
and ask to be put through to the Sara Lee  
Centre,  
or Email: [saraleecentre@stmichaelshospice.com](mailto:saraleecentre@stmichaelshospice.com)  
Website: [www.saraleetrust.org](http://www.saraleetrust.org)  
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