

## Being Human, Being Spiritual

Letting go of non-essentials and making room for the essential you!

Wed 4<sup>th</sup> to Wed 11<sup>th</sup> September 2019

The history of humankind has been speeding up exponentially. Voices clamour for our attention from an early age, enticing us to desire this or that, admonishing us to be one thing or the other. Social media, advertising, news is all-pervasive. Options abound in everything from the coffee we drink to the lifestyle we embrace. Never before has it been so difficult to connect with the inner voice of our authentic self.

Drawing upon the deep insights of the perennial wisdom that has spoken its word gently and persistently throughout human history, and echoes through the sacred texts and practices of the world's spiritual traditions you are invited to come to a still place and imagine a different reality that can be the keystone of your life journey.

We will explore how time-tested spiritual principles and practices can unite with contemporary techniques to help us strip away and let go of the things that distract and crowd out our hearts.

“To make a resolution and act accordingly is to live with hope. There may be difficulties and hardships, but not disappointment or despair if you follow the path steadily. Do not hurry. This is a fundamental rule. If you hurry and collapse or tumble down, nothing is achieved. Do not rest in your efforts; this is another fundamental rule. Without stopping, without haste, carefully taking a step at a time forward will surely get you there.” Shichi Suzuki – Musician & Philosopher

David McCormick is a life-coach and NLP practitioner: he offers coaching, training and mentoring to individuals and organisations. He specializes in crafting life-balance, interpersonal skills and mindset change. He also leads retreats and provides spiritual direction for seekers of meaning and purpose.

See [www.umbrianretreats.com](http://www.umbrianretreats.com) for details of accommodation. All meals in Casa Roberto are included in the cost of **£660 per person**. All transport during the retreat is provided by people-carrier. **Additional costs include flights to and from Perugia airport. Please also allow 200 Euros for light lunches, evening meals out and incidental expenses.**

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Please reserve space for:

Name(s) \_\_\_\_\_

\_\_\_\_\_

Address \_\_\_\_\_

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Telephone (home) \_\_\_\_\_

(mobile) \_\_\_\_\_

Email \_\_\_\_\_

Special requests \_\_\_\_\_

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**Enclosed is £200 deposit per person**

**Please make cheques payable and post to:**

**C N & F Morton, 9 Riverview House, Viersen Platz, Peterborough PE1 1FX**

[www.umbrianretreats.com](http://www.umbrianretreats.com)

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