



# 'Treasure'

Sat 7th July - Thur 12th July 2018

A 5 Rhythms® Dance and Expressive Arts Workshop

with

Barbara Sellars

Fionnphort, Isle of Mull, Scotland

[www.peacocks-tail.co.uk](http://www.peacocks-tail.co.uk)

The beautiful Isle of Mull is our venue for this summer workshop of movement and creative play. We'll be heading out in search of buried treasure, secret soul gems waiting to be discovered.

Dancing with wind and water, making art from nature, engaging with sand, stone, wood and weed, with the sound of the waves on the shore and the call of the seabird. We'll be playing with pastels and paint, putting pen to paper and allowing body and soul to be moved by music - and by silence.

This delicious combination of wild nature, expressive arts and 5 Rhythms dance will be our treasure map.

Your treasure is yours to find. It is unique to you. This will be a personal journey but in the company of a small band of fellow travellers. It will be a true holiday – i.e. holy days - sacred time out to nurture, to feed and to listen in to the soul.

And, as we all know, an island is the quintessential home of buried treasure.

The workshop begins with dinner on Saturday evening followed by a short introductory session. Then each day will start at 10.00am and finish at approx 5.30pm.

The workshop includes vegetarian lunch and dinner each day from Saturday evening to lunch on Thursday, all art materials and tuition

*Our venue, Creich Hall, has basic dormitory accommodation. If you wish to stay on the premises, there is a small charge of £5 per night\* to include a simple breakfast (of e.g. cereal, fruit, bread). If you do not wish to take up this option, we can supply a list of B&Bs.*

Cost £320 for bookings received by 28th April. £365 for bookings received after this date.

\*Cost including Hall accommodation is £345 with early booking, £390 after 28th April.

No previous experience of any Expressive Art form is required. You will need a willingness to explore through a variety of media including movement, both with and without music. Some experience of 5 Rhythms is helpful but not essential.

**Travelling to Mull:** Car or foot-passenger ferry from Oban. Travel to the venue by public transport is easy (we can supply all details). You will not need transport on the island.

We will be taking a minibus to Mull for use on the island - if you would like a lift with us to the venue, places will be on a first-come, first-served basis but we will be leaving Milngavie at 8:30am latest.

**How to Book:**

A non-refundable deposit of £100-00.  
Cheques payable to: Barbara Sellars (or by Bank Transfer - contact for details)

**Barbara Sellars**  
**60 Dumgoyne Avenue**  
**Milngavie**  
**G62 7NX**

Balance due 6 weeks before departure.

07541 301930

[barbara@peacocks-tail.co.uk](mailto:barbara@peacocks-tail.co.uk)

**Barbara** has a 40 year relationship with the Isle of Mull and has been offering Dance and Arts Workshops here since 1998, combining and sharing her love of dance, music, the natural world and creative expression. She is an accredited teacher of 5 Rhythms® Dance and a Certified Group Facilitator of Expressive Arts Therapy. She has been following her own Soul journey through dance, writing and creative exploration for many years.