

Treat Yourself to a Solstice Retreat at Mangreen



Three Keys to Personal Fulfillment



A Spiritual Companions Experience Day



In the magical sanctuary setting of Mangreen Trust with
Three original and inspiring spiritual educators

Saturday June 21st 10.00am - 5.00pm

Spiritual Connection
Chrissie Astell



Psychospiritual Growth
Naomi Duffield



Compassionate Service
William Bloom



Enjoy a day of inspiration and reflection, as well as discovering more about the Spiritual Companions Trust and local support, workshops, circles and trainings.

To celebrate this pioneering initiative we are offering it at cost: £35
To book contact: Naomi Duffield, Mangreen Trust, Mangreen, Norwich NR14 8DD
01508 570444 www.mangreen.co.uk trust@mangreen.co.uk

Chrissie Astell



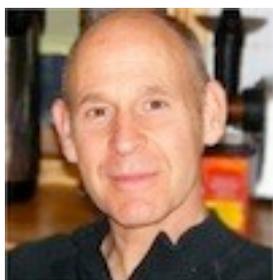
Chrissie Astell is a Spiritual Companions Educator. Chrissie's original career was as a senior nurse and at one stage worked alongside famous agony aunt, Claire Rayner, answering medical issues for the *Woman's Own* problem page. In her 40s Chrissie returned to university to study comparative religion at S.O.A.S. and then achieved two postgraduate qualifications in teaching and in spiritual development & facilitation. She has a particular interest in the angelic realm and her books include *Gifts from Angels*.

Naomi Duffield



Naomi Duffield is a Spiritual Companion Educator. She co-manages the Mangreen Centre for Holistic Spirituality near Norwich, where she is responsible for the Spiritual Education Programme and has successfully taught Spiritual Companions for the last six years. She also offers spiritual exploration groups, living spirituality workshops, psycho-spiritual counselling trainings, attunement healings and one to one sessions. Following a career as a Montessori teacher, she trained as a psychospiritual therapist and teacher, setting up the Shekinah School of Psychospiritual Training in Dorset before moving to Mangreen.

William Bloom



William Bloom Ph.D. is co-leading the development of Spiritual Companions which he founded and is a Spiritual Companions Educator. He is one of Britain's leading teachers and authors in the mind-body-spirit field with over thirty years of practical experience, research and teaching in modern spirituality. His books include the seminal *The Endorphin Effect* and *The Power of Modern Spirituality* which describes and explains the Spiritual Companions approach.