



# Inner Flame

Being open to *wonder*  
through creativity and soul filled exploration

An opportunity to engage with themes of spirituality and creative expression, in an informal group setting.

With Esyllt George & Andrew Phillips

**St Edwards Church**  
**Cardiff - CF23 5DE**

**10th May**  
**24th May**  
**28th June**

**1:30pm - 3:00pm**  
**£45 per session**

You may attend an individual session or multiple dates.

**Further details and booking...**

**[AndrewVPhillips.co.uk](http://AndrewVPhillips.co.uk)**

Small groups. Advance booking required.

**Questions & enquiries:**  
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**Esyllt George** Dramatherapist,  
Relational Artist & Creative  
Facilitator

**Andrew Phillips** Visual Artist,  
Art Psychotherapist

**Our intention for the Inner Flame groups** is that they will emphasise deepening a sense of mystery, inspiring new questions and ideas to live with. We hope that participants will leave with an enriched sense of possibilities for imaginative creative expression.

**To live with a sense of mystery and wonder** is a deeply important human need, which can often be neglected or overlooked. The group

encourages curiosity about these aspects of life, as we seek to find forms, images, and words through which to explore them. Together we nurture the 'spirit of enquiry' by engaging with what we each bring as individuals, and themes that emerge from the group as a whole. These points of connection can provide rejuvenation on a personal level, and act as a medicine for the times in which we live.

**We welcome** people of all faiths, spiritual paths, and those who are keen to explore this aspect of themselves.