



10th May, 24th May, 28th June

1:30pm to 3:00pm

£45 per meeting

St Edwards Church (Schoolroom), Westville Road, Cardiff, CF23 5DE

Further information and online booking: AndrewVPhillips.co.uk/InnerFlame

You are welcome to attend a single meeting, or multiple dates.
These will be small groups, advance booking required.

Contact

Esyllt George - Dramatherapist, Relational Artist & Creative Facilitator

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Website: British Association For Dramatherapy

Andrew Phillips - Visual Artist, Art Psychotherapist

email: aphillips.arts@gmail.com

Website: AndrewVPhillips.co.uk

If you have any questions or would like to get in touch regarding the groups, please feel welcome to contact either of us.

Introduction

Our intention for the Inner Flame groups is that they will emphasise deepening a sense of mystery in life, inspiring new questions and ideas. 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.

What happens at the group?

Following an introduction, questions or themes may be posed for the group to respond to. There will be group discussion, and an invitation to explore through creative expression including using art materials, creative writing and storymaking. Participants will be encouraged to focus on their freedom of expression and communication, rather than aiming to make a 'good' piece of art.

Another part of the process could be to view all the work together, and explore the themes which emerge when we think about it all as being a single artwork - the unique expression of this particular group. Although this is a group in which engagement is necessary, no one will be put on the spot.

Who is this group for?

This group is open to any adult who would like to explore their personal connection to themes of spirituality and creativity in a group setting.

As with any group there will be differences of outlook and opinion between those present. We ask that all participants come prepared to favour a generous attitude, where we emphasise finding common ground and points of connection.

Although we hope that these groups will be experienced as 'therapeutic' in a general sense, please be aware that Inner Flame is not a Psychotherapy session. Whilst we bring our knowledge and skills as experienced therapists to the work, we will be facilitating them as creative practitioners.

About us

The Inner Flame groups will be facilitated by two experienced practitioners in the field of health and the arts.

Esyllt George

I use creative methods to facilitate and explore a sense of connection and belonging between self, place and community, with a keen interest in spiritual expression and the imagination as a means to explore what can't be defined by cognition alone. I have experience in coordinating and supervising a range of arts for health and wellbeing as well as creative therapy projects and services.

Andrew Phillips

In my artwork I explore ideas and experiences of the sacred and numinous, particularly in connection to landscape and Nature. I am fascinated by how people throughout time have needed to give expressive form to the 'more-than-human world'. I have worked in the field of mental health and social care for over ten years, and now run a private practice offering Psychotherapy for adults.

Further information & Frequently Asked Questions

What time do I need arrive? The group will begin promptly at 1:30pm, so please arrive in good time.

Parking and transport:

There is on street parking available at the venue and nearby.

2 minutes drive, or 7 minutes walk to Wellfield Road.

Regular busses to/from Cardiff city centre go from Penylan Library which is 5 minutes walk from the venue.

Venue facilities:

Toilets are available at the venue.

Are refreshments available?

Please be aware that we will not be providing refreshments. Nearby Wellfield Road has an abundance of cafes and eateries.

Do I need to be familiar with using art materials, or other creative methods?

No experience is required, however you do need to be willing to engage in some form of creative expressions during the group. This could include making images, creative writing, or story. A range of basic materials will be provided.

Do I need to bring my own materials?

A range of basic art materials will be provided.

I don't have a specific faith, path, or practice, can I still come to the group?

Yes. You may have been engaged with a particular religion for all of your lifetime, feel that your spirituality exists outside of 'traditional' organisations, be uncertain about your

relationship to the divine, or anywhere between. The most important thing is that you are willing to be curious.

The event is being held at a church, is this a Christian event?

Inner Flame is open to people of all faiths, spiritual paths, and those who are keen to explore this aspect of themselves. As organisers we have no affiliation to the venue or organisation that runs it.