



Art of Hosting UK: Annual Practitioners' Gathering Saturday 28th January 2017 - London

No set of skills, techniques or methodologies can substitute for the consciousness and presence of the host. The qualities of authenticity, vulnerability, confidence and courage support us to stand in the midst of intense emotion and chaos without rushing to fix anything, to be comfortable with emergence and silence, to work in service of purpose bigger than the personal.

We are offering a hosted practice space to explore how we engage all of our senses, beyond our heads, to access our whole body's intelligence.

Hosted and held by Meredith Freeman, [Liane Fredericks](#) and [Linda Joy Mitchell](#).

REGISTRATION: [HERE](#)

DATE: Saturday 28th January 2017

TIME: Welcome 9:30 for a 10:00 start. Finishing by 17:00

VENUE: Mulberry Rooms, St Margaret's House, 21 Old Ford Road, London E2 9PL
www.stmargarethouse.org.uk/

COST: The day is offered on a shared economy basis, pay what you can to cover the costs of the day. Between £20-60, we will be transparent with the budget and ask you to pay what you can. Payment details to follow once we have an idea of numbers.

Please bring: something that has meaning for you and helps you to centre yourself, we will co-create a collective centrepiece, and bring something to share for lunch (cafe also on-site www.stmargarethouse.org.uk/thegallerycafe).

We make the
path by walking

Come
Be
Feel
Connect
with
Yourself, Others
To your purpose
To your work in
the world

We will
Notice, Sense
Explore, Enquire
Let go
Let come

Let's see what it
is

We're looking forward to you joining us.