

Your Exclusive Invitation to Inspiration

Creative Wellspring Retreat Dordogne France Spring 2019

Explore unbounded inspiration, innovation and imagination with Christine Miller

Dear Creative Spirits

As a kindred creative spirit, I am writing to invite you to join me and be part of a transformational project, an exclusive, intimate retreat in the beauty and stillness of nature for just six people, carefully crafted with serving your creative genius in mind. Amongst the prime benefits of attending **The Creative Wellspring** is the opportunity to **foster, explore and expand your vision**, enabling you to access your imagination and harness the flow of ideas into useful assets with practical strategies and activities.

This is an invitation to experience inspirational space, calm and peace, conceived to nurture your individual and collective creativity, imagination and innovation. Whatever your creative medium may be, as an artist, writer, performer, a business creative, or leader of a family, a group or an organisation, you will increase your awareness and focus through this experience.

On your pathway as a creator, there are times when in order to advance it is first necessary to retreat.

Time to pull back from the world. A time to pause, explore and gather your resources, to re-imagine, realign, relax and simply 'Be', unfettered, tapping into a stream of ideas and inspiration, which spring from your innate genius.

Whenever the daily business of living crowds out your creativity, the climate for harnessing your imagination and ideas is fleeting, and slips away so easily, the demands of the everyday eroding those precious moments of inspiration and productive joy. You need inner and outer space for focus, clarity of thought with impetus for action, as you extract yourself from your day-to-day mind-set and avoid burn-out and mental fatigue.

The Creative Wellspring Retreat gives you the opportunity to take this time and space to stop, reflect, renew - for you to recharge and think afresh, whilst you are cocooned in a loving and caring space, calm yet vibrant. You will be prompted, gently, with skilful and incisive insight, to take action, to weave and meld your own magical creations into being, drawing from your bubbling wellspring, far from the pressure or concerns of daily life. You will align your mind, body and spirit, according to the eternal principles of 'Mens Sana in Corpore Sano'- healthy mind, healthy body.



Your actions might be simply to prime your mind and learn to create a resourceful mental state you can readily access at will. It might include planning or writing a book, envisioning a business venture, composing music, solving a problem, changing your sleeping pattern, deepening your meditation, walking, swimming, even doing or learning something you have never tried before - all through a variety of activities, inspiring spaces, collaboration, conversation and quiet personal reflection.

Whatever emerges as the heartfelt creation which best serves you and your purpose your retreat experience will have a graceful supportive quality, which is not intrusive to the creative development process. There is plenty of time for writing, creating, planning, and the offer of tools and techniques to boost, sustain or cultivate that creativity.

You will have the space and time to create; and you will blend this with the focus to be able to benefit fully from that time and space, connecting with your deep wisdom individually, collectively and according to personal preference and group synergies. You may also find you draw inspiration from other participants' wisdom and benefit from active listening. These are golden keys to being productive, to having an effortlessly deep and fertile experience of fresh ideas and imaginings.

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What's included

With daily (optional though highly recommended) scheduled activities to kindle creativity, there are 2 hours of group work offered, usually mornings from 10.00 to 12.00 although this is flexible to participants' needs and desires.

Your Creative Wellspring Retreat includes two valuable private sessions with retreat leader Christine Miller – one by phone pre-retreat to establish desired outcomes, and a 1-2-1 during the retreat for accountability, progress and focus.

Bonuses and gifts: Your bonuses include a special 10 page Guide to Writing Poetry, a signed copy of my acclaimed '**Secret Garden of the Soul**' poetry book, complimentary access to the **Your Ultimate Resource** website valuable collection of creativity articles, (normally paid for), post-retreat check-in with me and follow-up by email, plus three online monthly mastermind group sessions.

Your accommodation is in well-sized, comfortable rooms, doubles for single occupancy, (unless you choose to bring your partner or wish to share with a friend), with plenty of bathrooms for all, and is spread between the main house, a self-contained tower or pigeonnier, and the two enchanting self-contained cottages.

We provide towels, toiletries, hairdryers, use of our heated swimming pool (subject to weather) and beverages throughout the day. The Creative Wellspring Retreat offers places for only six participants, to ensure you have an intimate and attentive experience, with that all-important sense of space.

Pessel does have many delightful spaces – wonderful, refreshing, intimate, expansive, inspiring – under trees, in cobbled courtyards, on panoramic terraces, overlooking forests, inside woodlands, alongside streams, even a little waterfall and cave for brave explorers wanting a walk on the wild side.



Inside, the living rooms are comfortable and warm, the dining room elegant, the large kitchen, with its dining conservatory, is light and airy with lovely views and access to the terrace and the courtyard. You can see a gallery of photographs of Pessel [here](#).

The retreat takes place over 5 days, with 4 nights' accommodation, ending after lunch on the fifth day. There is an option for participants to stay on after the retreat, please ask us for details. All your food is included, three delicious meals a day, and wine in the evenings, with the exception of a dinner taken at a local restaurant, which is at your expense.



The price of the retreat is £1950, which includes accommodation and food. There are special rates for those sharing a room, and for non-participating partners. Travel costs are at participants' expense. Info at: **Travel**

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About Christine

A passionate advocate for creativity, for human potential and global transformation, Christine has rich experience in leadership and transformation, an ethos absorbed and further refined from her research and unrivalled time spent with some of the world's greatest thinkers including *HH Dalai Lama, Edward de Bono, Baroness Susan Greenfield, Tony Buzan and Jack Canfield.*

With a varied and successful career across a variety of roles and sectors over 30 years – board director, publisher, author, poet, psychologist, executive coach, speaker, mentor - she now focuses on developing resourceful growth, nurturing creative spirit and releasing leadership potential in self, others and organisations.

Christine pursues ongoing research interests in human potential, gaining a Master's degree with distinction for her work with young people in trouble. Featured in prestige publication **The Economist Guide to Coaching and Mentoring**, you can download a PDF about this work [here](#).

In the interest of fostering transformational growth, she has recently interviewed over 60 global leaders from all sectors about organisational shifts to a more sustainable, caring and responsible model, the results of which will be available in the form of a book, talks and workshops.

Christine designs her retreats, workshops, consultations and training as a powerful resource to create an upsurge in inspiration and innovation, reduce stress and anxiety, and foster creative joy and fulfilment in an environment of beauty where you can elevate and expand your mind-set and focus on something you love.

What others say

"Christine Miller has established herself as a 'Poetic Writer' through her many articles and through her excellent ReSource Magazine. Christine, your questions provoke many new thoughts and creative ideas, you are an 'agent provocateur' and in our conversations, you are able to reach parts no one else does. Christine Miller is magical."

Tony Buzan, Inventor of Mind Maps, multi-million selling author of over 120 books

"I like what you are doing ... I really admire people who take action and make things happen."
Edward de Bono, multi-million selling author, creator of 'Lateral Thinking' & 'Six Thinking Hats'

"I love what you did with my interview. I'm happy to work with you any time."
Jack Canfield, America's #1 Success Coach, Founder & CEO of Chicken Soup for the Soul Enterprises

"Christine is pure inspiration. She is a woman who radiates quiet but great strength. I strongly recommend Christine. She is doing work that makes our world a better place & is doing it very effectively, getting right to the heart of the matter." **Georgeanne Lamont; MD, Lamont Associates**

"Christine is a wonderful and inspiring spirit; I highly recommend that you experience Christine's beautiful and calming energy to create harmony in your life." **Dr Pauline Crawford-Omps, President at World Association of Visioneers & Entrepreneurs, Executive Director, Corporate Heart**

"Christine has not only quality in her work but every ounce of her being is designed to make human potential increase. Very few people have this gift. One in a million."

Nigel Risner, Motivational & Inspirational Speaker, Business Coach, CEO Speaker of the Year

"Christine Miller is very mighty with the pen, a wordsmith and poetess, for sure!!"
William Whitecloud, best-selling Author of "The Magician's Way" & "The Last Shaman"

"I was very, very, impressed by you & your magazine!!!! It is extremely difficult to get a magazine launched. Congratulations, you should very proud of what you have accomplished."

Somers White, Former US State Senator & Bank President

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About Domaine de Pessel

Your Creative Wellspring Retreat takes place in stunningly beautiful surroundings, described by one journalist and photographer, who worked with Ernest Hemingway as *'a magical island in the midst of the forest'* where wildlife abounds, Nature is abundant, the 17th century architecture is a delight, and local culture, food and heritage offer a rich experience to be relished.

We chose our warm and welcoming home, **Domaine de Pessel**, with great care to be our perfect partner in our own creative project based on inspiration, imagination and innovation – that of being highly committed to creating more Love in the world, especially in businesses and organisations.



In a delightful part of South West France, Pessel has a 17th century Perigourdine manor house and two fairy-tale cottages set in 23 hectares (60 acres) of grounds, with woodland, meadows, a walnut orchard, and gardens with wonderful views – secluded but not isolated, fabulous skies for star-gazing (weather permitting of course!), little or no traffic.

There are tracks and lanes for walking, we have a couple of bicycles for your use, and it's about a 20 minute walk down to the nearest small, unspoilt village, which has interesting architecture including a 12th century Romanesque church and an unusual 14th century 'Four Banal' or communal bread oven, still used for the village fetes. There is also a bar/restaurant, '**Le Veilleur**', offering modern French food, occasional games evenings and the usual wines, beers, coffee and soft drinks.

Join us at **Domaine de Pessel**
www.domainedepessel.com

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Reserve Your Place Now
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