

## Suzanne Vesty: *A Way to Live Spirit* Programme



### *Living Spirit*

*Residential Retreat for women*

To register expressions of interest: email  
[suzanne@suzannevesty.com](mailto:suzanne@suzannevesty.com)

*Venue: TBC*  
*- a place of natural beauty*

We are living in an age where it is challenging to hold a sense of what is sacred, and what is fundamentally essential in our lives in regards our inner well-being and experience of 'place and purpose; of connection and belonging.' *A Way to Live Spirit* programmes, provide a safe, intimate environment in which to explore and gain a deeper experience of our self, and to build a contemporary foundation in Spirit.

***Living Spirit Residential Retreats*** for women offer an immersion in a profound, creative, transformative process. Living together for four / five days in this focused environment, provides a unique opportunity to release the outer world and all its distractions - to focus deeply within. Much care is taken to build the group relationship, providing a safe container for women to explore the depth and breadth of who they are, to express themselves creatively, and to access and grow their connection with their soul's intention and purpose. An active spiritual field is purposefully created supporting the magical, life enhancing work. The residential retreats are held in places of natural beauty, the sharing of good food and personal story, the making of art, and the embodied process through movement and sound, all part of the tapestry of awakening to the divine potency of the creative spirit residing within us all. A sense of spiritual community and companionship is built.

The work follows an inquiry-process, journeying into the interior realms of self, exploring who we are as a soul and in spirit, and the purpose of incarnate life; it follows the emergent themes existent within the group, utilizing creative-media to intuitively and safely, explore and reflect upon these matters as they relate to us personally and collectively: emotionally, psychologically, and spiritually. It is an embodied and integrative process, opening us to the potency and intent of the soul. Enlisting creativity enables us to access the interior realms of self, intuitively and spontaneously bringing to the surface the wisdom and knowing, the memories and constructions that inform and shape us as women seeking to live a conscious, creatively productive life. In this facilitated process, principles in transpersonal and eastern philosophies are examined when appropriate. Meditation and contemplative processes provide a sacred holding of the groups journeying. The work is experientially based.

**Methodologies: group-centred process, teaching in transpersonal, metaphysical principles and the ancient wisdoms (esoteric philosophies), meditation, ritual, movement, sound, and creative mediums as expressive & contemplative tools.**

#### **Participants will:**

- be involved in an intimate, and interactive group process
- develop intuition, sensory perception, creative-imagining and creative expression

- directly experience an active spiritual field
- grow understanding and knowledge base of embodied, spiritual practice, promoting integration
- foster a greater sense of meaning, purposefulness, and connectedness in their life

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**Programme Leader: Suzanne Vesty M.F.A., M. App. Sci.SE (Distinction), Dip. Drama, Post-Grad. Dip.Tchg.**

Suzanne has over 40 years' experience as an educator, transpersonal-therapist, and mentor in creativity-centred human development. She was the Founding Director of Wings (1988 - 2008), and Director of Spark Studio (2007 – 2015). Throughout her career she has delivered many innovative programmes within diverse community contexts, including an extensive programme of retreats and private consultation based in transpersonal creative process. She was a Registered Celebrant for 26 years, developing a deep knowledge of inclusive, spiritual, and humanist ritual, and a Registered Art Therapist. She has long been a student and teacher of the ancient wisdoms, and of creativity-centred philosophies. She is a practicing and exhibiting visual artist. Metaphysical reality has always been central in her life, as has been expression through the creative arts, her personal journey informing and shaping a depth of perception, knowledge, and wisdom.

The Art & Creative Works of Suzanne Vesty [www.suzannevesty.com](http://www.suzannevesty.com)