Looking for a different way to slow down, stay grounded and connect to what really matters?

# THE COURAGEOUS PAUSE

## TRANSPERSONAL PSYCHODRAMA MINI RETREATS FOR DEEP REFLECTION AND ENERGETIC RENEWAL



Hit pause, step back from the chaos and sense the deeper harmony that's at work through the power of transpersonal psychodrama to ground, re-energise and connect you with protective sources of energy, courage and renewal.

### Join us to review and reflect on:

- where you've been
- where you are now
- where you're called to go next

**RETURN TO EVERYDAY LIFE FEELING MORE COURAGEOUS, MORE ALIVE!**

### WHEN

**This mini retreat unfolds across six alternate Sundays over three months, 10.00am–1.30pm, starting August 2025:**

### WHERE

**The Practice, 20 Great Portland Street, W1W 8QR.**

### WHO



**STEPHEN FITZPATRICK**

### THE MINI RETREAT DRAWS ON

01 My work as a UKCP registered honorary psychodrama psychotherapist at Guys & St Thomas's Hospital helping patients rediscover their capacity for self-leadership and creative and spontaneous living..

02 My learnings about human potential from some remarkable Sufi, Zen and Taoist teachers.

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**For more information**

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**07850 109706**
**or**
**scan QR code**

> **The times are urgent. Let us slow down.**
>
> *- Bayo Akomolafe*