

Creativity & Health Retreats in Tuscany

PLAYING WITH FIRE!

OCTOBER 2013



OPEN TO BOTH WOMEN AND MEN
FIRE FOOD & FIRE ENERGY!

Playing with clay and kiln making in the outdoors



Places limited
& maximum.

Taking
bookings
now!

Two courses

Sat 5TH to 12th

Sat 12th to 19th

October

Introductory
course cost

£750

As Autumn glows and winter approaches, raise your energy with a mixture of physical activity and creative fun!

We'll make ceramics in the oldest of ways, using eco kilns at low temperatures to satisfy our primitive instincts for playing with fire! Make pizza in the antique wood forno and enjoy the flavours that always seem better eaten outside somehow!

Learn how to make simple and achievable changes in your lifestyle and diet to be true to yourself, tap into your creativity, and improve your fitness and stamina.

Course leaders Carol and Heather, are sisters who both enjoy eating, exercising and being creative, but in very different ways! We invite you to come to Casa Rosa and spend some quality time with us in the fresh air of the beautiful Tuscan mountains with great company and delicious food!

YOUR EXPERIENCE WILL INCLUDE:

Three days of structured personal development workshops, creative activities, exercise and walking. No previous experience is needed; we work with your individual starting place.

We'll visit the nearby beautiful medieval walled city of Lucca, renowned for its welcoming shops and cafes – la dolce vita! (probably not too early for christmas shopping!)

CAROL NEWMARCH is a professional artist, with extensive experience in making and firing ceramics. A Relational Dynamics coach, and a creative mentor, Carol specialises in coaching for creative lives and businesses. For over thirty years she has delivered staff training and personal development programmes with a health and creativity agenda. Carol believes in following your dreams!

HEATHER NEWMARCH is a qualified and experienced personal fitness coach. Her studio, NewmarchFit, offers a unique concept in health, fitness and diet support. Heather believes that fitness should be fun, she uses circuits, yoga based exercise, boxing and walking, inspiring people to enjoy improving their fitness. Her long career as a successful but 'desk bound' accountant led to her philosophy that health fitness and diet have to 'fit' with modern lifestyles!

Because we are newly developing these courses in Tuscany, Carol and Heather are offering you this experience, including accommodation and food at £750: a reduction of approximately one third of the normal cost! Places are limited to six to ensure your personal attention and a quality group experience. **Information about these retreats and other courses in UK and Tuscany can be found at www.carolnewmarch.co.uk**

Carol: **07810 145318** carol@newmarch.co

www.carolnewmarch.co.uk

Heather: **07899 915 143** heather@newmarch.co

www.newmarchfit.com

"I loved having a go – getting involved and sharing outcomes" B.B.
"I enjoyed working and learning in a relaxed atmosphere, I had never used clay before and this was a nice way to be introduced" A.M.
(March 2012 UK)