



*Explore Dream Discover*  
*A weekend of art and coaching*

***28th - 31st October 2010***

***Inspiring group work***  
***Delicious local food***  
***Spectacular landscapes***

*At*  
*the village of Araux*  
*in the foothills of the French Pyrenees*



**“Explore. Dream. Discover.”** Mark Twain  
Life-jamming through art and coaching

**28 – 31 October 2010**

**Join us in the picturesque French village of Araux this autumn to explore your vision, dream your future and discover your inner artist. In this long-weekend workshop in the foothills of the Pyrenees you will learn to unlock your creativity and find your unique signature by experimenting with intuitive painting and coaching tools. You will also learn to apply your intuitive insight with your workshop companions while witnessing and supporting their revelatory processes.**



During the weekend you will:

Revitalise your outlook on your life, work and relationships  
Find your inner rhythm and learn about creative cycles  
Map your vision with the help of your inner muse  
Discover what motivates you in essence  
Review your life choices and commitments  
Identify key steps for your fulfilment inspired by your art



**Additional delights:** Local cuisine, bonfire night and a mini pilgrimage journey on the route to Saint Jacques de Compostelle. Bring your journal and walking shoes. All arts material will be supplied.



**About our workshop leaders:** Ella Aboutboul has been described as a creative who uses all media to form a huge palette. She is a co-active coach and workshop facilitator and her passion is to explore new ways of working with people by engaging creatively in the moment. With her rich background in graphic design and vision building, Ella invites her workshop participants to experiment with visual and artistic processes such as painting, drawing, writing and body movement. She has worked with various organisations in the UK in the fields of business, media and the arts such as BP, The Body Shop and Saatchi & Saatchi. Ella coaches individuals and professionals with a focus on creative discovery and purposeful life.



**Antony Parry** loves listening to people's stories and discovering their fun and wisdom. He did that for 30 years as a journalist and now listens to only good news as a coach, facilitator and trainer. Antony trains coaches and is certified in individual, systems and relationship coaching.



The 'Explore. Dream. Discover' workshop is inspired by The Vision Seminar - a creative visioning programme for organisational teams - and - Co-active coaching and Process work.



**About our hosts and beautiful venue:**

La Maison de la Fontaine is a lovingly restored 17th Century Béarnaise "Maison de Maître" set in the small village of Araux some 5km west of the historic "bastide" town of Navarrenx, lying in the heart of Béarn des Gaves in the department of Pyrenees

Atlantiques in SW France. Jon and Kate Siviter offer luxurious guest house accommodation to individuals, couples and families who enjoy the atmosphere of what is very much a family home and who value the interesting objects to be found around the house which they have gathered on their travels around the world.

**Cost: €695 includes the workshop and all materials, three nights lodging in La Maison de la Fontaine based on double occupancy (or at the Hotel du Commerce in Navarrenx for single occupancy at an additional €50) and three meals a day with good local wine.**



Cost does not include flights/transport. Information about flights and transport can be found at: <http://www.maisondelafontaine.com>

**For bookings, payment and more detailed information about the venue, car hire, pick-up services, food and accommodation** please contact Jonathan Siviter:

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+33.(0)9.61.52.43.99

[siviter.jonathan@orange.fr](mailto:siviter.jonathan@orange.fr)

**For more information about the workshop**

please email [ella@visionmadevisible.com](mailto:ella@visionmadevisible.com)

<http://www.visionmadevisible.com>

Links:

<http://www.maisondelafontaine.com>

<http://www.hotel-commerce.fr>

[http://en.wikipedia.org/wiki/Way\\_of\\_St.\\_James](http://en.wikipedia.org/wiki/Way_of_St._James)

