

Sacred Rest and Renewal through Conscious Creativity, Community and Cacao



Enjoy Time & Space to Create, Cacao, Calm & Community

As autumn wanes and winter arrives, this is an essential moment to pause, reflect, and create from stillness. These afternoons invite you into a contemplative rhythm, where art and presence are held with reverence, and creativity becomes a practice of renewal during the darker months.

Join heart-led facilitators Jo (Founder – The Peaceful Paintbrush) and Tina for a series of contemplative, quiet creative afternoons where art, presence and cacao unfold.

Step away from the rush of modern life and into a sacred container of creativity and stillness, set on ancient land in Bosham, where a standing stone and energy nodes invite grounding, reflection, and renewal.

Cacao & Smudging Ceremony

Sip warm, heart-opening cacao — a sacred plant medicine that nourishes and grounds. This is followed by a cleansing smudging ritual, honouring the ancient land and clearing space for fresh energy as we move into the darker season.

Free Flow Art & Creativity

No art experience is needed. With gentle prompts and meditative practices, you'll be guided into a flow of spontaneous, intuitive expression — a quiet invitation to soften, release, and rediscover your inner voice.

Pause, Rest & Root

In this unplugged, candlelit space, you'll be held with warmth and care - a place to sink into stillness, let your creativity unfold naturally, and find calm in the season's slower rhythm. Here, you are welcome to rest in silence or create quietly alongside others - alone, yet together - sharing the gentle power of community without the pressure to perform or socialise.

Facilitators

Our gathering place, the Green Door Centre (formerly Hamblin Hall), sits at the crossing of ley lines — an ideal sanctuary to replenish, rest, and create.



Joanne Farley-Webb
Creative Medicine Guide & Founder



Tina Barnes
Space Holder & Meditation



COMING SOON
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Who This Is For

- Burnt-out creatives seeking renewal
- Anyone feeling stressed, blocked, or weary
- Fellow travellers on a journey of self-discovery and creative awakening
- Anyone craving warmth, grounding, and connection in a distraction-free environment
- Those seeking a mindful pause from the demands of daily life
- People drawn to the healing qualities of cacao, ceremony, and creativity
- Anyone longing for a deeper connection with nature, land, and seasonal cycles
- Individuals exploring spirituality through creativity, meditation, or contemplative practices
- Those interested in creativity as a pathway to inner peace and wellbeing
- People navigating times of transition, grief, or change who wish to be gently supported
- Anyone who values quiet community — being “alone together” in a nurturing space
- Seekers of joy, calm, and soulful expression through art and presence



Art as Path, Refuge and Medicine



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Art Studio Location: Chichester, West Sussex, UK

Event Location: Green Door, Bosham, West Sussex, UK