



# PURE CREATION: A MIDSUMMER CREATIVITY INTENSIVE

Make a Project from Purpose in Three Days • 11-15 June 2019

**What can you create from scratch in three days? Sometimes we don't have the luxury of time...**

**If you died tomorrow, or you ran out of time, what would you regret not having done?**

**You have three days (and four nights) to germinate, research, create and / or get rolling, a project from scratch from your deepest sense of purpose.**

**Sometimes a deadline is our ally. Something is at stake...**

WHAT IN YOUR YEARS TO FINALLY BE BEGUN?

This is a perfectionism and procrastination busting 'bootcamp', where you are challenged to commit to making the first tangible mark on the page, how ever imperfect.

You will make mistakes and you will find that you survive.

Your inner critic will kick and scream as if to save your life, and yet you will step forward and make your offering anyway, from the heart and with courage and with generous spirit. Because we aren't dead yet.

You are not alone, you have potential collaborators and a community to draw on.

"WHAT YOU CAN DO, OR DREAM YOU CAN, BEGIN IT; BOLDNESS HAS GENIUS, POWER, AND MAGIC IN IT"

*John Anster  
(inspired by Goethe)*

## WHAT WILL IT BE LIKE?

This is an urban residential retreat so the experience is immersive. The aim is creation, so the support structure is there for you to use as you need.

Over these three days, you will be supported to:

- Discover, refine and / or delve more deeply into what drives you and what your unique gift is.
- This is the kind of venue we are aiming at. Though venue size will depend on numbers.

- Bust through procrastination and perfectionism trolls. Also inertia, hyper critical, hyper analytical trolls (so often sitting on the surface of perfectionism, procrastination and fear of failure.)
- Make some honest mistakes in a safe and healthy environment supported by people at similar stages of their journeys.
- Daily guided creativity meditations for generating content.
- Daily improvisation games to challenge your inner critic and help you get the fuck over yourself ;-)

- Structured practical exercises to fill out your vision
- Research time, private time and group sharing time.
- Copy supervision.
- Carefully managed feedback sessions to develop and hone your self administered challenge.
- Daily guided gratitude meditations for being thankful for what is
- One on one and group Mentoring sessions before and after the live residential to help you integrate.



## IS IT RIGHT FOR ME?

This experience will be dynamic, creative, challenging and fun. There will be moments where you meet your edges and times when you find your flow.

This intensive is suitable for you if there is a creative project burning inside you bursting to get out. Or if you want to reconnect with your creative potential, or create a change of life direction.

Maybe you want to develop something (a workshop, course, project, artwork, book, business idea etc etc) but are struggling to start. OR have no idea what you want to start, but know you want to get the creative, improvisatory part of you more awake and need an encouraging nudge.

## GENERAL TIMINGS:

Arrive from: 4pm 11th June.  
Formal beginning: 7.30pm 11th

Daily dynamic meditations:  
Opening: 7.00am  
Closing: 10.00pm

Formal ending: 8.30am 15th June.  
Depart from: 10am 15th June.

## HOW TO APPLY:

Places are available via a brief application and a zoom meeting with Rachel. The selection criteria is based on whether or not this program seems to meet your needs in an easeful and natural way.

There are 10 places in all plus crew. Two participants are on Rachel's 2019 mentoring program, so there are 8 places available for others to join.

## PERSONAL PROCESS

Following successful sign up, an initial session with Rachel clarifies how you can best use the container of the residential to support what you want to grow. This will be unique for each participant and may involve recommendations for prioritising some of the live sessions over others; pointing you towards specific areas of research, preparatory work, or maybe even hooking you up with a peer

## PRICING:

Price per person includes:

- accommodation for 4 nights sea front central Brighton. (bunk bed in shared room)
- all the live sessions and learning framework.
- all meals. organic. delicious. cooked for us onsite.

- 2 x one-on-one mentoring sessions with Rachel ahead of and following the residential.
- a follow up group webinar  
*Not included:* Meals out. Additional mentoring sessions. Travel.

**£690** (early bird, pay deposit before Friday 26 April)

**£850** full price

£200 deposit confirms your place. Fully refundable until 13th May. Balances due 13th May, (4 weeks before start date.) Payment plans are available on request.

## BOOKINGS / ENQUIRIES:

[blackman.r@gmail.com](mailto:blackman.r@gmail.com)

+44(0)7899952999

[www.vibrantbody.co.uk](http://www.vibrantbody.co.uk)

[www.stillpointtheatre.co.uk](http://www.stillpointtheatre.co.uk)

HELLO,

I have been inspired to offer this work because it is exactly the kind of thing I wish someone had been offering when I was trying to kick start a new venture back in the day (and getting thoroughly in the way of myself): I wanted a supportive, permissive and positively challenging environment with time pressure, group accountability and mentorship.

Mentorship represents an aspect of my practice who's time has come - a gathering together of lots of my life's work into a place where others can benefit from it directly. I get very excited to be helping people get switched on to what brings them creatively alive and inviting ways for them to offer it to the world. In our current climate, there is no time left to be holding back on our gifts.

The next bit about my history is written in the third person, which is weird really, isn't it?

We both know *I'm writing it...* \*sigh\*

## ABOUT RACHEL

Rachel is an actor, theatre maker, improviser, arts consultant, somatic educator, body worker and therapist. She trained and worked as an actor in Australia where she grew up, then fell out of love with the industry right around the same time as she got her first role in a Hollywood movie (you can find her with out hair in the third Matrix film if you're intrepid). So just as her career started to make sense, she ~~bailed~~ moved to England to make it stop. Here she trained to be a comedy improviser and a massage therapist (though not at the same time, that would be silly) and opened a successful body work clinic Vibrant Body.

She realised that she wanted to be inventing the stories rather than interpreting them so she started making her own plays as Stillpoint. To date she has made four full length theatrical works and several smaller pieces, gained various commissions, prizes and critical acclaim. Her new piece, The Vanity of Small Differences is emerging in 2020.

Around 2005 she developed a body of work called Applying The Skills of the Actor, that was about using actor training tools to help non actors have more self-expressed and enjoyable lives. As part of this she began teaching 'Embodied Intelligence' which adapted the physical tools actors use to develop character, to teach people about posture, movement and how they are being seen.

She has been working as an embodiment trainer for the Embodied Facilitator's Course (EFC) for 5 years.



Her recent explorations in the field of somatics has led her to create an area of work focusing on growing healthier parasympathetic nervous system responses, through touch, sound, movement, dance, creative collaboration and play. This work has emerged in response to a deeply felt sense that the excessively adrenaline fuelled, product oriented nature of many of our cultural systems are unsustainable and run counter to natural, healthy biological functioning. This work is informed by The Feldenkrais Method (Rachel is half way through a four year Teacher training), body work, improvisation, meditation and acting training.

## MENTORING 2020

In 2019, emerging from EFC and with the encouragement of its founder Mark Walsh, Rachel developed a mentoring program for people wanting support to deepen their own authentic signature and style of working. The focus is on purpose, creativity, mastery and being better self (and relationally) resourced.

If you'd like to explore developing your offer over a longer time scale, Rachel's mentoring program runs from January through to December and tracks the seasonal shifts of the year to inform what influences we are drawing on as we progress. It consists of monthly one-to-one coaching sessions, group webinars and deep dive live workshops held in beautiful venues in and around Sussex.

Places are extremely limited and available via application only. Applications are open from July 2019 and If you'd like to be on the list to receive one, email [blackman.r@gmail.com](mailto:blackman.r@gmail.com).