



Longings & Legacies

with Kamalamani

Saturday 1st April, 10am—4.30pm

Yanley Court, Long Ashton,

North Somerset, BS41 9LB

A one day workshop for those who are childless or childfree.

A space to reflect, talk, listen, plan, heal—even dream a little—in good company.

This one day workshop has emerged from the meet ups which have been happening since the launch of my second book 'Other than Mother: Choosing Childlessness with Life in Mind', published by Earth Books in April 2016. These small gatherings have been a rich and respectful sharing of experience. They have drawn those who are childless by circumstance, happen stance, through loss, and those who are childfree by choice (and one Mum, who was intrigued by the subject and wanted to find out more...) The meetings have drawn people of different generations with a range of questions and experiences.

This day will be a chance to explore what it means to be without child, or no longer with child, in a world which is still very much pro-family and pro-natal. Sadly judgements and assumptions about those of us without children—for whatever reason—are still all too common. My intention is to offer a space where we can contact a sense of our longings and legacies—themes often associated with child-bearing and rearing. Through lead reflection, solo work, pair work and whole group work I shall invite you to reclaim a sense of your creativity and purpose whatever stage you're at: you might be in the midst of deciding whether or not to have children, coming to terms with being unable to have a child, or looking to re-orient your life having known for some time that you don't want children. Or you might be looking to your elder years. I'm very keen for us to create new forms, support networks, rites and rituals in honouring our lives and this gathering is part of that building process. So please contact me if you're like to find out more!

Practical information: £65/£50 if paid in full by 1st March. Please bring veggie finger food to share for lunch. The maximum group size will be 14.

Questions/Booking: Please phone Kamalamani on 07905 147 968 or email kalamamani@blueyonder.co.uk



Kalamamani works as a Body psychotherapist, counsellor, group facilitator, supervisor and author in Bristol. *Meditating with Character*, Kamalamani's first book, was published by Mantra Books in 2012. *Other than Mother: Choosing Childlessness with Life in Mind* was published by Earth Books in April.

For more information, please visit:

Web: www.kalamamani.co.uk FB: www.facebook.com/otherthanmother

Twitter: @kalamamani