

4-5 MARCH 2023, THE BIG ROOM, MACCLESFIELD

DARE TO BURN BRIGHT

WITH RACHEL CONNOR
& EM STRANG

A PILOT WORKSHOP FOR AGENTS OF LOVE

SET YOUR LIFE ON FIRE! SEEK THOSE
WHO FAN YOUR FLAMES! – RUMI

HAD ENOUGH OF NO?
BRING YOUR COURAGE & CURIOSITY TO LEAP
INTO THE FIRE OF WHO YOU REALLY ARE.

FOR MORE INFO & TO BOOK A PLACE: EMCSTRANG@GMAIL.COM

You've had enough of No. You want to silence your inner critic and burn through the constraints you place on yourself – all the old stories that prevent you from saying Yes to yourself, others and the world.

You want to feel valid, to take up the space you were born to occupy. You're prepared to take risks, to upset the status quo in order to finally, JOYOUSLY, be who you really are.

We will guide you through a metaphorical firewalk of exploration (no actual flames will be involved!), drawing on methodologies from decades of our own practice. We'll offer modalities of movement & dance, writing, reflection, play, voice work and coaching.

This is a workshop for shopkeepers, artists, real estate agents, writers, dancers, doctors – in other words, it's for anyone interested in **ripening their chosen profession by more deeply engaging with their unique humanity.**

WHO WE ARE:

RACHEL CONNOR (written by Em)

Dynamite. Loving witness. Exceptional listener, coach and guide into the dark chambers of the heart. Decades of experience in creative practice (predominantly writing & dancing). Unbelievable staying power, stamina and capacity for creative navigation (honed by years of sticking it out in academic institutions, amongst other things). Daring. Wild in body & soul. An absolute delight to be in the company of. Takes no prisoners.

Rachel is a published author and dramatist, has a PhD in literature and was formerly Director of Creative Writing at Leeds Beckett University. She is an accredited Martha Beck Wayfinder life coach, a recent graduate of the coachingMBA, and a highly experienced workshop facilitator and creativity mentor. Read more about Rachel [here](#).

EM STRANG (written by Rachel)

Shapeshifter. Gentle animal lover. Part contemplative-mystic, part warrior-princess who is unafraid to step into the flames. A beacon for radical honesty. Passionate about the power of embodied presence as a key to transformation. Exceptional writer: her words burn with the clarity and beauty of authenticity and she bares her soul in everything she creates. Rooted in the earth yet with an attentiveness to the mystery beyond, she laughs like a drain, bakes like an angel and brings loving kindness to everyone with whom she connects.

Em is an award-winning poet and novelist, has a PhD in creative writing (ecological poetry) and has spent the last decade tutoring in Scottish prisons. In 2019 she founded a charity for spiritual and creative practice, alongside her dedication to workshop facilitation and individual mentorship. Read more about Em [here](#).

Assisted by **ROGER BYGOTT**, writer, singer-songwriter, certified 5 Rhythms teacher.

12 PLACES, £325 (standard), £285 (early bird – pay before end Jan 2023), £150 (two bursary places for students & unemployed)

To book a place: emcstrang@gmail.com

IN ASSOCIATION WITH

Three Streams 

registered charity SC049826