



Journey with the Arts

Spend a weekend encountering creative Rites, Rituals and Rhythms, using Creativity as a spiritual practice, to help cultivate deeper understanding and joy in your life.

Shine a light on your creative process through a multi-faceted approach - including sound and music, art, poetry and theatre.

We will engage our inner artists and give them full voice, greatly influenced by Julia Cameron's Artist's Way.

Allow yourself to explore your own creativity and try new things. You will have the opportunity to choose from and experience various art forms:

- Sound and music
- Mixed media
- Storytelling
- Singing
- Drumming and other instruments

Find your creative voice



Our Facilitator



Andrea Lowry is a performer, teacher, and singer-songwriter. She has a degree in Music Therapy from SMU in Texas. Following years of clinical

practice in Dallas psychiatric hospitals and nursing homes, she managed Expressive Arts Therapy programming in a Mental Health Center in Houston. After completing her master's degree in Paris, she built private therapy practices in Alabama and Texas. In 2009, she began her European odyssey through Germany, France, and the UK. She is now settled in Brugge, Belgium.

She encourages creativity as a spiritual practice and currently offers person-centered Sound Journeys, Movement and Meditation, Creativity Classes, Performances, Vocal Mentoring, Community Building and support. Her approaches include activities in which words and sound are used to inspire, enliven, and learn new life skills.

Booking information

Cost : £350 workshop and full board

Includes all meals on Saturday
and breakfast and lunch on Sunday
(to add Friday dinner, enquire when booking)

Day rate: £105

Includes lunch and an evening meal

Please book through reception at:

Info@bieldatablackruthven.org.uk

or

01738 583 238

After booking, please pay cost in full.

Cheques & BACS are payable to:

The Bield Christian Company Ltd

Sort Code: 83-47-00

A/C 1990 3180

Please include surname as reference

Card payments can be made
over the phone



The Bield at Blackruthven

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Scottish Charity SC 027462



The Bield at Blackruthven

Labyrinth of Creativity:



A Sound and Arts Journey

20th – 22nd February 2026

Friday evening to Sunday afternoon

Facilitated by Andrea Lowry

'Inspirational and effective teaching. Andrea's manner is enthusiastic but grounded. People who work with her will have the opportunity to creatively experience themselves as they deeply grow from the inside out.'

- Testimonial from Lauren, Paris