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Association of Bahá'í Women

Association of Bahá'í Women Wales

THE IMPRESSIONS of a wonderful weekend, arranged by the Association of Bahá'í Women, Wales, will be remembered with joy and appreciation for all the loving care which had been devoted to the planning of a beautiful and inspiring programme.

“Releasing our Potential” was the theme which covered a wide range of delightful subjects; each one creating a balance of harmony for soul, mind and body. We enjoyed workshops and discussions in which we all took part, from the sweet-smelling oils of aromatherapy to a light-hearted hour of “Colour Me Beautiful”. A session devoted to “Meditation and Movement” calmed and refreshed us, and carried us through to the gentle atmosphere which enfolded us in the peace of the Tranquillity Zone. There were lighthearted sessions, overflowing with laughter and fun, which drew us even closer together, as we sang and shared stories in a burst of joyful harmony!

This unforgettable weekend took place in the lovely Trigonos Centre, in Snowdonia. In the warmth of our companionship we chatted merrily through our coffee breaks and, at each meal, we enjoyed an abundance of wonderful food. Refreshed and inspired, we hugged as we said our reluctant good-byes, with deep thankfulness to all those dear friends who had given us so much!

Lou Turner.

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