

Ceremony within our Body

With Pippa Bondy
Ancient Healing Ways
www.ancienthealingways.co.uk

September 26-28 '08 (Ingeston House)

This three day retreat is for those whose life is focused on healing, and for those who have been touched and informed by pain and suffering - both personally and through their work in the healing/care-giving professions.

During the weekend we will be learning the practice of stillness and listening through our body, embracing the intelligence and truth held within. From this deepening awareness, the practice of mindfulness, we will open more to the importance of the relationship between our body and the body of the Earth.

"Each participant will experience personal hands-on work"

I will be using a form of gentle and non-invasive hands-on work born out of the Alexander Technique. In a natural and organic way one will have the opportunity to release long-held and often unconscious tension - allowing for a deeper openness and connection including compassion to ourselves. Using ceremonial circle, the deep listening of council, with story as our teacher, we seek to remember 'who we are', what is our healing and what is our part to play in the healing of our world.

This long weekend we will be covering: -

- Importance of creating a 'means' to be in your body. Reawakening and remembering our body's consciousness and innate intelligence as indigenous peoples did so naturally.
- Why telling our story and listening deeply are healing.
- Working with the practice of the four directions and the teachings that arise from being alone in nature.
- Bringing together these practices - creating balance of mind, body, spirit helping to inform your own life and field of work.

Cost: £140

Pippa Bondy is a wilderness rites of passage guide and a carrier of council. Her vision and passion led to her founding Ancient Healing Ways. Where she offers courses in a ceremonial form, creating a bridge between the wisdom of modern healing methods and the cross-cultural wisdom of indigenous peoples. She has twenty years experience as an Alexander Technique teacher and teaches throughout the UK, Scandinavia & America.

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The workshop will be held in the beautiful surroundings of Ingleston House in Chale on the Isle of Wight. Perched on the cliff top we will be close to the elements, close to the sea and close to a variety of footpaths straight from the house. (For pictures see www.gila-antara.co.uk/SongriseInglestonHouse.html)

When you participate in this workshop you can choose to either stay full time or just come to participate during the day.

Full board and accommodation is between £28 and £35 per day.

To commit to this course please send a deposit of £50 to:-

Gila Antara
Ingleston House
Chale
Isle of Wight
PO382HL
Tel. 01983731013

Practical Info

Basic structure of the course

We will start at 10am on Friday 26th September. The days will be divided into morning and afternoon sessions, with occasional evening meetings. We will finish on Sunday 28th September by 5pm.

What you will need:

- Cloths for outdoor weather conditions, i.e - Water proof jacket and trousers.
- Walking boots or shoes
- Sun block and insect repellent
- Rattle
- Cushion to sit on in the circle - plastic sack for sitting on out side.
- Journal and paper for writing
- Art and craft materials (your own personal needs and choice)

This does not mean you have to be proficient in the arts and writing skills, only willing to look through new doors and perceptions.