



Hibernate and Heal Retreat November 16/17/18

At Swanage Retreats we offer a beautiful setting overlooking the stunning Jurassic coastline, where you can treat yourself to expert education in various aspects of psychospiritual growth, give yourself space to reflect and explore the bigger questions of life and have time to simply be.

We can be so obsessed with the detail of everyday living that we can be hijacked by the needs and demands of others and find our lives are run by duty rather than authentic choice; or you may feel lost and meandering down roads that don't seem to be leading where you want to go, if only you knew where that was! Retreats give you the space to re-attune to the yearnings of your heart and start to live the life that is yours to live.

Hibernate and Heal Retreat

Winter, in nature, is a time to hibernate and heal; yet human beings are so often fearful of the dark and do not take the space to hibernate and heal. A sunflower, that does not take the dark time of being nourished in the soil, grows wispy and weak. So too with us. Without the nourishment of the dark we can emerge without resilience, not understanding the messages of our emotions, nor having the ability to navigate the troughs of life. Hibernate and heal is about redressing that balance.

This retreat consists of both solo time for reflection, a couple of psychospiritual growth workshops, time for mediation and contemplation, restorative walks in the beautiful country side, time for being with like-minded people and delicious food. In this workshop we particularly honour the need for personal space. One to one psychospiritual coaching is available by arrangement and we can organise massage, reiki or reflexology for you at an extra cost on Sunday afternoon.

This retreat is for you if you

- need time to heal
- want time to just think and consider – am I on the right track?
- can't seem to get over a past wound or loss
- are aware that a pattern keeps jumping up and sabotaging you
- negative thoughts keep trapping you
- want a break, with a purpose, in a beautiful tranquil seaside location
- don't like winter and want to share it with spiritual comrades
- enjoy times of soul depth with like-minded people

The psychospiritual workshops will cover

Workshop 1: The nature of wounding

- How wounds develop
- Understanding emotional and psychological wounding
- Blocks to healing
- The trap of 'woundology'

Workshop 2: The healing process

- Our unique RAISE process of emotional healing
- Overcoming shame – the first step
- How to take responsibility for your own healing process
- Energy work
- The healing power of presence and spiritual connection

As long as you are unable to access the power of the Now, every emotional pain that you experience leaves behind a residue of pain that lives on in you. It merges with the pain from the past, which was already there, and becomes lodged in your mind and body..... It's the emotional pain-body.

The pain-body doesn't want you to observe it directly and see it for what it is. The moment you observe it, feel its energy field within you, and take your attention into it, the identification is broken. A higher dimension of consciousness has come in. I call it presence. You have accessed the Power of Now.

(Eckhart Tolle- Power of Now)



Hibernate and Heal Retreat November 16/17/18

Provisional Timetable

Friday

Tea and cookies on arrival

Homemade dinner together

Get to know each other session in evening

Saturday morning

Meditation

Breakfast

Workshop 1: The nature of wounds

Lunch

Free time: reflect on your own, go for a walk, coaching available

Pow wow sharing

Supper together

Healing evening: music and energy work

Sunday

Meditation

Breakfast

Workshop 2: The healing process

Grounding your personal healing so you can take it forward

Lunch

Coaching/massage sessions

Tariff

Non residential:

£95 for weekend (Sat 10 – 6 including lunch, Sun 10 – 2 including lunch)

Residential

£285 single seaview

£270 single non-seaview

£260 shared seaview

£245 shared non-seaview

For further information call 01929 481522

Complete our online application form here: <http://swanageretreats.co.uk/application.html>

If you'd like more information or speak to Naomi please email: naomi@swanageretreats.co.uk

Tel. 01929 422562