

FOCUSING with NATURE RETREAT

Bala Brook Retreat Centre, Dartmoor, UK
24th – 28th July 2019
with Gordon Adam, Kay Hoffmann & Peter
Gill



The retreat

This 4-day retreat will provide a supportive, nourishing space in which you can 'be and breathe'. The special emphasis on Focusing with nature will enable us to experience our bodies' innate ability to be in harmonious, life-giving connection with ourselves, with one another and with the world around us. All activities will be outdoors wherever possible. There will time each day for:

- ! 1-1 Focusing sessions

- ! Input and discussion on Focusing practice

- ! Silent group walks

- ! Group meditation & group sharing

- ! Time alone in nature

- ! Early morning yoga, qigong or personal practice

- ! Free time for resting, walking, etc.

The retreat will be held partly in silence, but there will also be time to interact socially with the group. Extra group activities such as Dartmoor walks, river

swimming, camp fire, singing, storytelling, dance, massage, poetry sharing, etc, may also arise on the retreat.

The retreat is structured around a daily schedule which is provided as a framework and support, but there is no obligation or pressure to attend every session and participants are encouraged to attune to and respect their own individual process and needs, which can include spending time alone.

The retreat starts with supper on the evening of the first day, and ends after lunch on the last day. We bring and cook our own food – people volunteer to cook one meal (lunch or supper) for the group and get help to cook it. This supports a sense of group bonding as well as keeping the cost of the retreat down. The total cost of food is shared equally by everyone in the group (usually about £7/8 per day) and is in addition to the retreat fee.

The venue

Bala Brook Retreat Centre is a wonderful, comfortable, spacious venue, set in a beautiful, quiet location **near South Brent** on the edge of Dartmoor (20 minutes drive from Totnes). See www.balabrook.org.uk for further information about the centre.



The facilitators

Gordon Adam, Kay Hoffmann and Peter Gill are all experienced Focusing teachers with nearly 50 years of Focusing experience between them. Gordon has been running Focusing retreats at Bala Brook for the last ten years. Kay has a special interest in incorporating the felt experience of our whole 'alive' body and its natural connection with the environment. Peter has spent the last two years exploring nature connection and its relationship with Focusing.

Costs & bookings

There will be a maximum of **14 places** available on the retreat. Everyone can have their own bedroom (although room sharing is possible). Costs are as follows: Ensuite Bedroom **£320**. Medium sized bedroom **£280**. Small bedroom **£240**.

We will need to receive a completed booking form plus a **deposit of £100** to reserve a place. The balance of the retreat fee is payable one month before the start of the retreat.

Further information & contact

Venue and general information: gordonadam@blueyonder.co.uk Tel. 0779 6087351

Booking enquiries: kay.hoffmann@homecall.co.uk Tel. 07773 505640