

Deepening the Work with Council Ways Through the Body

This is an offering to form an 'on-going group' travelling together within the cycle of one year, meeting with each other and with the four seasons/directions. The intention being to move more deeply with the seasons of our life and the mirror of summer, autumn, winter and spring - reflecting our own true nature.

We will have the opportunity of community and the support of being together and alone; bringing our deep feelings, aspirations and heartfelt wishes for ourselves, our people and the world we live in to the circle. We will be opening to these ancient healing arts and ways to expand our vision and way in life and what we bring/give to our world.

"For those who feel 'called' we will finish the year with a Vision Quest"

The Form - seeds

A gathering will be held over a weekend. Each will be in Council, the focus being the practice of 'Council Ways through the Body' (* see description) deepening our connection and presence within our physical form. This will include the hands-on work expressed through the principles of the Alexander Technique. Each gathering will bring an element from one of the four directions/seasons. For example: -

South/summer/physical body - Council Ways through the Body

West/autumn/unconscious emotions/dark side - The Way of Dreams

North/winter/structure & form/communication - Way of Council

East/spring/spirit/creation/universal love - The Way of the Trickster?

Dates - We will start in the South - 2012 dates to be arranged

Venue: A beautiful spacious barn conversion in Snowdonia, North Wales.
The cost is £20 per person per night.

Cost: £150 for each weekend, excluding board and food.

Places are limited to no more than eight people. Participants will need to write a letter about themselves including reasons/what/why brings you to do this, plus a deposit of £50 and be willing to commit to the whole year.

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"May all that is un-lived in you blossom into a future graced with love." John O'Donohue

** Description & Structure of:-*

Council Ways through the Body

Hidden deep, ever present

- Importance of creating special time and place
- A process of cultivating presence
- Listening from a centred place in yourself
- A safe container in one's own self
- Own voice in relation to a larger body

Unborn and ever living

- A way of listening through the body without projections and preconceived ideas
- Silence in self
- Trust in the truth inside your own heart/mind/body

Kinship with the spirit of nature

- Hands on through teacher
- Relating this relationship to nature
- Using nature as teacher to come back to self

Wisdom as grace

These weekends are an opportunity to learn a way of being that helps to awaken mind-body-spirit unity. How does this help, serve self, our world and the healing? Throughout each weekend the participants will experience the **'hands-on' work born out of the Alexander Technique**. (Please check www.pjpbondy.com for more information about the Alexander Technique). In a natural and organic way we will have the opportunity to release long-held and often unconscious tension - allowing for a deeper openness, connection and compassion for ourselves.

Using ceremonial circle we will open The Council Way. This is a practice of speaking and listening from the heart, a means of opening to heartfelt, compassionate expression and to a non-judgemental acceptance of how and who and where we and other people are. Council is a practice of witnessing self, other and the environment at one and the same time. Council teaches us that each person's truth contributes to create a larger understanding that is interconnected and non-hierarchical.

Each participant will experience and learn the practice of stillness and listening through the body and the practice of Council; embracing the intelligence and truth held within.

From this deepening awareness, we will open more to the importance of the relationship between our body and the body of the Earth. We will seek to remember 'who we are', bringing intention, acceptance and authentic presence to the centre of our hearts, creating the possibility of truly engaged relationships, community and an opening to wholeness.