

Dare to Imagine: Growing into the Future

Exploring super-resilience with Nature's help

A workshop at Hazel Hill Wood, near Salisbury: Oct 13-15

Guided by Alan Heeks, Jane Sanders and ... the wood

The present is pretty overwhelming, so the future is hard to face. But let's dare to imagine a positive upside to these pressures, and see them as an invitation to evolve into greater resilience.



This weekend offers a chance for a deep, shared exploration of how to grow into the future, and what super-resilience might mean for us as individuals and groups, with this magical wood adding support and wisdom for our quest. We'll start by building fellowship in the group, sharing our hopes, fears and resources. Then we'll explore methods and allies (such as Nature) who can guide our exploration.

The weekend is intended as a shared exploration, and we'll consider these issues both for individuals and for 'front-line' service organisations who face similar pressures. The leaders don't have answers, but can offer relevant processes and experience gathered over many years. This includes Joanna Macy's Deep Ecology work, Alan's research on resilience and future outlooks (see more at www.naturalhappiness.net and www.futuresscanning.org), spiritual ecology and learning from Nature.

Alan is co-leading a project, *Scanning our Future*, to explore how individuals, front-line service teams, and communities can evolve super-resilience to thrive in the years ahead. One aim of this weekend is to guide research for this project. Another potential focus is the work of Thomas Berry, the eco-philosopher, whose book 'The Dream of the Earth,' urges us to start at the level of myth, prevailing beliefs, and practical dreams to reconnect humanity with nature and a positive vision of change.

Alan Heeks has been exploring resilience with people and nature for many years. He has created the Hazel Hill project, and set up Scanning our Future in 2016.

Jane Sanders has over 25 years' experience in working with a mindfulness based approach to wellbeing with groups and individuals, and has also incorporated deep ecology, ecopsychology and the wisdom of natural systems into her work in many different settings.

Alan and Jane are both part of **Wisdom Tree**, a small team offering programmes on resilience for individuals and organisations. See more at www.wisdomtree.uk.net

Cost including food and accommodation: £150, concessions £125. Some private bedrooms available at a small premium.

Fri 7pm-Sun 4pm

Hazel Hill is a magical 70-acre conservation woodland and retreat centre, 7 miles from Salisbury. It has simple, yet beautifully crafted off-grid wooden buildings with lovely indoor and outdoor group spaces, basic accommodation in bedrooms and sleeping lofts (or camping), good hot showers and compost loos. See more at www.hazelhill.org.uk

For bookings and enquiries:

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