



# The Natural Roots of Resilience: wisdom from the wood

A retreat at Hazel Hill Wood, near Salisbury

April 24-26 (Fri 6pm-Sun 4pm)

Guided by Alan Heeks, Marcos Frangos and ... the wood



Resilience means the skills to nurture our wellbeing amid the rising levels of change and uncertainty that most of us face in our life and work. Hazel Hill is a thriving, resilient ecosystem, and this weekend offers a chance to experience and relate this to your own human nature: for example, understanding your ground condition and root system; composting problems; natural energy sources; using stillness and tracker vision; the skills of co-creativity; creating natural community; and learning from the wild margins.

We will also draw on methods like mindfulness, solo time for reflection, and nourishment from campfires, music, song and stories amid the trees and bluebells in this magical 70-acre wood.

*Alan Heeks* has been exploring resilience with people and nature for many years, and has led many groups on this theme, drawing on experience of resilient natural systems from creating an organic farm and setting up Hazel Hill. He has also written two books on resilience: see [www.alanheeks.com](http://www.alanheeks.com)

*Marcos Frangos* has a passion for wellbeing and resilience in his personal and professional life, shaped by many years as a manager. He is a widely experienced group leader, and a trained facilitator of systemic and family constellations.

**Alan and Marcos are both part of *Wisdom Tree*, a small team offering programmes on resilience for individuals and organisations. See more at [www.living-organically.com](http://www.living-organically.com)**

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](http://www.hazelhill.org.uk)

**Cost including food and accommodation:** £140 concessions £120. Some single bedrooms available at a small premium. For bookings and enquiries, please contact Marcos Frangos: email [marcosfrangos@rocketmail.com](mailto:marcosfrangos@rocketmail.com) or mobile 07881 425 804