

# THE SPIRITUAL ROOTS OF RESILIENCE

Nomadic wisdom for our changing times

with Alan Heeks and Cordelia Prescott

## The Abbey Sutton Courtenay

Saturday 7<sup>th</sup> and Sunday 8<sup>th</sup> March 2015

The times in which we live are truly challenging, and they invite a response of courage and resilience from us all if we are to take positive steps into our own future. New role models and guidance from great teachers can help us deepen our spiritual roots.



*The spiritual wisdom of the desert, its prophets, and the Bedouin nomads who still live there, can teach us a lot about wellbeing and resilience amid great uncertainty. This retreat explores original teachings on this theme from the Christian, Islamic and Jewish traditions, and from modern-day nomads in the Tunisian Sahara.*

This 2-day retreat offers supportive space for fresh insights and reflection on your life and the wider world. Following a desert retreat sequence of - opening, deepening within, and connecting with others, we will explore such themes as our ongoing role in

creation by embodying divine qualities: and how cultivating inner peace can help us respond well to the bigger issues of our times. This is a rare chance to experience and embody this wisdom, through methods handed down from when it was first given: such as walking meditation, body prayer and movement, and sound mantras and chants in the original language.

*Alan Heeks has been involved in sustainability projects and leading spiritual development groups for many years and has led twelve retreat groups in the Tunisian Sahara travelling with Bedouin guides. See more at [www.living-organically.com](http://www.living-organically.com)*

*Cordelia Prescott is an experienced group leader, musician and healer with a long standing interest in environmental issues, sustainability and Permaculture.*

**The Abbey** is a retreat centre with beautiful old buildings, welcoming atmosphere and excellent food, in a quiet village near the Thames, but only three miles from Didcot Parkway Station.

**Timings** 10.30am – 9.30pm Saturday, 10.00am – 4.00pm Sunday

**Residential cost** including meals and accommodation: £195

**Non-residential cost** including two lunches and dinner: £148

**For more info and bookings contact**

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[www.theabbey.uk.com](http://www.theabbey.uk.com)