

The Hero's Journey: Discover Yourself

A men's weekend retreat with Will Gethin & Alan Heeks



**Hazel Hill Wood, near
Salisbury: April 20-22**

Is there a next step in life calling you, or a desire for exploration? This weekend is a chance to go through the stages of the Hero's Journey, the archetypal process of transformation as described by mythologist Joseph Campbell. You will have the support of a group of men sharing the journey, experienced guides, and the magic of this 70-acre wood.

The essence of the Hero's Journey is to move through a process which includes expanding your sense of yourself and of the support around you; facing your fears and learning from them; opening to new inspiration and direction; and integrating all this with the realities of everyday life and work.

This process is relevant for men of all ages, and for both inner and outer discovery, for example a personal quest or crisis, a community endeavour or work project. In the wilds of the woods you can negotiate and move through blocks holding you back, including your self-imposed limitations, and courageously move forward on your life path... wherever it calls you.

Hazel Hill is a non-profit retreat centre which has been a powerful venue for many men's groups since 1997, offering safety, nourishment and wisdom. This magical 70-acre conservation wood has simple, hand-made off-grid buildings, and special outdoor spaces including a men's circle.

See website: <http://www.hazelhill.org.uk/>.

Will Gethin: as a travel writer and holistic explorer, Will has roamed many edge-of-the-world frontiers exploring pathways for enlivened living. In 2012, he founded comms & events agency Conscious Frontiers to give voice to organisations and people engaged in creating a better world. He is also a qualified meditation teacher.

More info: www.willgethin.com; www.consciousfrontiers.com

Alan Heeks: Alan is a natural happiness writer, group leader and social entrepreneur with a passion for wellbeing, resilience and learning from nature. He has been involved in men's groups as a guide and member for over 20 years, and led numerous workshops and retreats at Hazel Hill. His second book is *Out of the Woods: A Guide to Life for Men Beyond 50*. See more at www.alanheeks.com; www.naturalhappiness.net

Cost: £160 including food and accommodation, £120 concessionary price. Accommodation is in shared twin bedrooms or small sleeping lofts. A few private single rooms are available at a premium of £25 for the weekend. **Timings:** from 7pm Friday until 4pm Sunday. **Food:** food costs are included in the price. We will share cooking and other practical tasks between us.

For more about the wood, see www.hazelhill.org.uk

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