

Natural Happiness:

The roots of resilience

A workshop at Hazel Hill Wood, near Salisbury



22 - 24 April 2016
Fri 7pm-Sun 4pm

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



How can we stay cheerful and successful amid too much pressure and uncertainty? Is there a better way for people and teams at work to nourish morale and achieve results, when they keep having to do more with less? And how can communities help us all to be happy and resilient in these crazy times?

In this workshop we'll explore all these questions, with the natural ecosystem of this magical wood as our guide. Our methods will include: nourishing roots; composting our problems; ways to cultivate our personal or group ecosystem; using co-creative skills to work with nature; harnessing despair and growing inspiration; and how groups can bring us deeper insights support and resilience. Along with workshop sessions, there will be solo times in the wood, plus good food, campfires, songs and stories amid the trees and bluebells.

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

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.

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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