

FRUITS OF MATURITY

How to thrive in your 50's, 60's and 70's

June 2-4: Hazel Hill Wood, Salisbury

with Alan Heeks and Jane Sanders

This weekend is a supportive space to explore your questions about midlife and beyond: a space to find your gifts, gain fresh inspiration, and move through challenges.

The 50's, 60's and 70's age range is a time of big change for most of us, with new possibilities, but also losses and fears that need facing. During this life stage you may want to re-invent yourself and your aims in life a few times over.

Alan and Jane have wide experience of leading personal and spiritual development groups, especially at this magical 70-acre wood which offers wisdom, support, and space for reflection.

We will shape the weekend to meet everyone's needs.

The processes on offer will include:

- Ways to hear all the different aspects or voices within you, and integrate them
- Using quiet time in the wood, guided meditation and group support to find a new sense of yourself and your direction
- Learning about natural resilience from the wood, to help you face stress or fears about the future.

Hazel Hill is a magical 70-acre conservation woodland and retreat centre near Salisbury, with beautiful off-grid wooden buildings and wood-burning stoves, as well as campfire and outdoor gathering spaces. See more at www.hazelhill.org.uk.

Alan Heeks, 68, has been exploring natural happiness, resilience and creative ageing for many years. He has led many groups on these themes, and is the author of *Out of the Woods: A Guide to Life for Men Beyond 50*. His third book is due out in 2017, *Not Fade Away - Staying happy when you're over 64!* See www.alanheeks.com and www.naturalhappiness.net.

Jane Sanders, 56, has over 25 years' experience in working with a mindfulness based approach to wellbeing with groups and individuals, and has also incorporated deep ecology, eco-psychology 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 life skills for wellbeing and resilience to work organisations, individuals and communities. See more at www.wisdomtree.uk.net.

Cost: £160 including food and sleeping loft accommodation or camping. Some private rooms are available at a premium of £25 for the weekend, 7pm Friday – 4pm Sunday. For enquiries and bookings please contact Charles Kemp on email: charles.fhp@blueyonder.co.uk or telephone: 07737 892891.

