

Further information about



Gratitude Guidance, Grief and Glory

An experiential retreat by woods and sea in Lyme Regis

From 6pm Thursday 15th to mid-day on Monday 19th September 2016

"I am alarmed when it happens that I have walked a mile into the woods bodily without getting there in spirit." Henry David Thoreau (Excursions 1863)

Where?

The Undercliff in Dorset-East Devon stretches over 7 miles westwards between Lyme Regis and Seaton. It includes areas of forested wilderness and cliffs that arose as a result of landslips. It has become a rare and unusual habitat for plants and birds and is a national nature reserve.

The Four Gs

In this beautiful place we invite you to a shared enquiry, with 4 essential considerations over 4 days. We will work with practices that form a framework for mindfulness and reconnection to Nature. We will address these four contemplations: Gratitude, Guidance, Grief and Glory. Together they offer a path of self-instruction, not just as subjects to reflect upon, but also to inhabit. By taking these themes out into the wild of the Undercliff we have an opportunity to embody what each of these 4 Gs give rise to.

Mindfulness

What is it to pay attention? In busy lives how do we make time to be what Mary Oliver calls 'idle and blessed'? How can we make space for ourselves to ask good questions about this 'wild and precious life'? This is about letting Nature open up our self-enquiry, and to aid us in celebrating life.

In the Spirit of Vision Quest

Each day will be spent in the 'spirit of vision quest' – solo time in a chosen spot at the edge of wood and sea. Each of us will take responsibility for ourselves and trust that the living world around us does the work within us, as we stay connected to the landscape. This is both difficult and simple. It is serious work with no solutions, other than seeds to be sown. The ceremony of Vision Quest is practiced in many forms by Native Peoples all over the world. Here we see it as a retreat for those of us seeking to re-evaluate and re-energise our daily lives in communion with nature. It is essentially a treat for yourself, a gift to your emotional and spiritual well being, thereby enhancing all our relationships, both intra-human and with the natural world itself.

Practicalities

You will be based at The Little Place, Hugh's comfortable family home and Arty B&B, a short step away from the Undercliff. Arrivals from 5pm Thursday. Here you will be welcomed and introduced to the principles underlying this retreat. Here you can pitch your tent or take a bed inside the house. On the first

The Nature Effect CIC

Registered office: 4, Swinburne Road Oxford OX4 4BG,

Company No. 7544187

www.thenatureeffect.co.uk

evening we will have a simple meal at 7pm and an evening of introductions. Early each morning we will eat a simple breakfast and aim to be out, whatever the weather, by 9am. You will be encouraged to fast or at least eat lightly before returning for an early simple silent supper. Each evening there will be time to explore as a group through creativity with a range of art materials or writing and silence together. There will be opportunity for brief individual reflection on the day's experience before turning in for sleep.

Physical demands

It is important that you are fit to walk on uneven terrain, and comfortable to spend several hours alone in Nature. The Undercliff offers spaciousness and stillness with the constant presence of the sea. There are ample places for solitude just off the footpath without the need to venture into difficult terrain. You will be responsible for your own wellbeing and safety during your times in the wild. You will need to bring suitable clothing for all weathers, and anything else you need such as a cushion and a flask to make your daily retreat times comfortable outdoors.

Costs

Camping in the garden of Little Place overlooking the sea (please bring your own tent and camping gear).	£255
Bed in the beautiful house (based two people sharing)	£380
Possibility of single room occupancy - luxury en suite	£520

The Facilitators

Hugh Dunford Wood is an artist designer, father to four grown men and a woman, which led him to explore the men's nascent consciousness movement in the early 1980s. He has facilitated men's groups and retreats for several years, and has worked also on identity with men and women in prison, as well as refugees and asylum seekers, through the arts. He offers occasional courses in art, design and recreational art therapy. www.dunfordwood.co.uk

Annie Davy is an independent facilitator, qualified coach, occasional writer and a director of [The Nature Effect CIC](#). She works with individuals of all ages, groups and communities. She hugely enjoys shared enquiry, looking at whole systems and collaborating with others and loves listening to the sea and playing outdoors whatever the weather. Tel 07966499830