

Summary Programme - Nature Resonance Medicine Workshop - Autumn '18

We begin at 10:00 sharp, please arrive by 09:45, and we end at 17:00.

Saturday morning

Arrive and orientation.

Nature Healing Event - A Garden Walk

We do a live event in the garden. We take the experiential pathway through the activities that facilitate those special moments, the Meeting with Nature are: Ceremony - Gratitude - Breathing - Releasing - Moving - Sensing - Resonating - Connecting - Going Forth.

Circle work

Witnessing and circle council - We sit in circle and relate back our experiences to the circle.

Saturday afternoon

Exploring each element in depth:

Focus on - Opening Ceremony

Focus on - Gratitude - Breathing - Releasing - *Initiation of Surrender*

Sunday morning

Focus on what makes a Nature Healing Ally

Focus on - Moving - Sensing - *Initiation of Being*

Sunday afternoon

Focus on - Resonating - *Initiation of Power*

Focus on - Connecting - *Initiation of Heart*

Focus on - Going Forth - Closing Ceremony