

# Finding yourself in the woods: A men's weekend

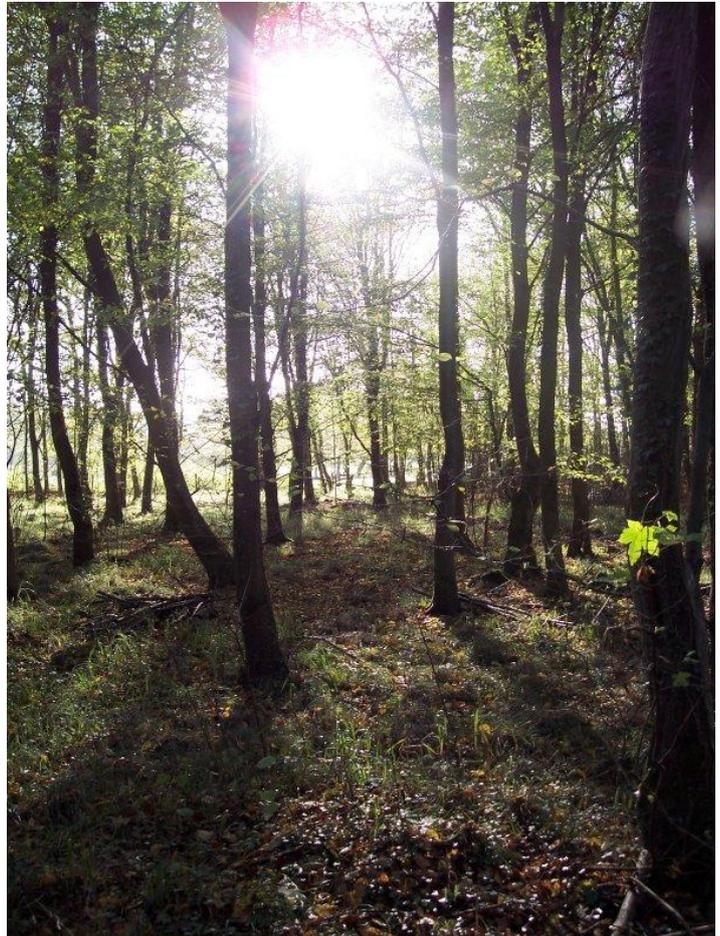
at Hazel Hill Wood, near Salisbury

Friday September 2<sup>nd</sup> 7pm – Sunday September 4<sup>th</sup> 2pm:

This is an invitation to relax, renew and explore in the company of men, and the magical setting of this 70-acre wood. The talents of the group and the wisdom of the wood offer a stage on which we can explore shared themes or personal situations as we want, through a range of approaches, and just being here.

In this very different setting, out on the land with a campfire, there's scope to meet new aspects of yourself, find the subtler voices and the deeper melody, change an old story, play a new part, and hear the collective wisdom of the group. Several Shakespeare plays use the forest as a place to find your true values, and this wood can help us explore male archetypes in the play of life.

To support all this, Alan and David bring many years' experience of enabling mens' peer groups, including use of improvisation, enactment, hanging out and sharing, ritual, sound and silence. They are excited to be at the wood again as they both know the quality the wood can bring to how we observe and hear ourselves and each other. And we have camp fires, music, good food, a hot tub, acres of trees, and spaces to relax together, as options to choose from.



Hazel Hill is a 70-acre conservation woodland education centre, seven miles from Salisbury. It has simple, hand crafted off-grid wooden buildings with great indoor and outdoor group spaces, basic accommodation in bedrooms and sleeping lofts, good hot showers and compost loos. It has provided a powerful venue for many men's groups and organisational groups: see [www.hazelhill.org.uk](http://www.hazelhill.org.uk)

**Alan Heeks** has established Hazel Hill Wood as a retreat centre, and has co-led many men's groups here. He is writing a book exploring how natural ecosystems offer a model for human happiness and resilience.

**Dr David Owen** is a leading holistic physician, with a deep interest in human health, and new ways to probe and reframe resistance to change. He too has a long-standing connection with Hazel Hill Wood.

Group Limited to 14 participants: book now to be sure of a place!

Timing: from Friday 2<sup>nd</sup> 7pm until Sunday 2pm

Cost: Including food and basic accommodation, £130 for individual bookings (Concessions £110). Some private bedrooms are available at a small premium. You are also welcome to camp

Enquiries and bookings: contact Charles Kemp  
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