

# 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 happy and fulfilled in our life and work in the midst of change and uncertainty? What can we learn from nature about deepening our resilience so that daily demands don't deplete us?

This week-end we'll be exploring these questions in the magical setting of a 70 acre wood in full spring. The first aim is to slow down, relax and be nourished. As we deepen into peace and simple presence, the heart of mindfulness, we'll then explore how our sense of community can grow to include the collective wisdom of nature and the 'more than human' world as well as people.

Finally we'll be gathering insights into how to create new responses to daily challenges, drawing on the ecosystem of the wood and the fellowship of the group to help us. In group sessions we'll tap into co-creativity, deep listening, resourcing and the gifts of stillness. There will also be space for solo time in the wood, good food which we will cook together, and campfires, songs and stories among the bluebells.

This week-end is open to all and may especially interest people in 'front line' work such as health and care provision, social enterprises, charities and community groups who face high demands with limited support.

**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](http://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](http://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](http://www.hazelhill.org.uk)

**For bookings and enquiries:**

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