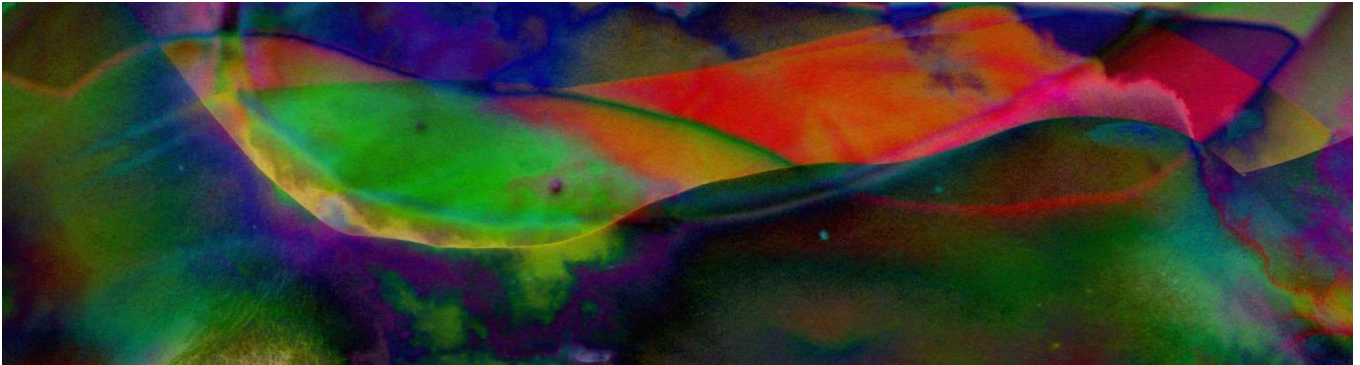


EMBODYING THE DREAM

RETREAT



Nicole Sura is a Transpersonal Psychotherapist and a retreat guide in the Esoteric school of the Inayati Order. She facilitates non- denominational spiritual retreats and runs Transpersonal Dreamwork groups and workshops. Having experienced that most profound changes seem to happen when the body is fully involved in the process of inner exploration, she integrates relational body work and wild therapy in the spiritual journey.

During this retreat, SILENT, except for the dreamwork, we will share breath and light practices, stillness and movement. You will be encouraged to stay within yourself, listen to your body and follow your inner voice.

In the afternoon it is hoped that we will come together to share our dreams, bear witness to and support each other in our journeys through the planes of consciousness. We will pay attention to the dream matrix, an honour the group's spirit of dream.

With supper we shall reconnect with our silence.

Afterwards there will be sharing of stories, poems, sacred signing and dances for those who wish to participate.

There will be ample opportunities for walks in the nearby woods.

For the dreamwork It might be beneficial to read Nigel Hamilton's book "Awakening Through Dreams" prior to the retreat.

Dates: Thursday, 13th June 6pm to Sunday, 16th June 3pm.

Location: High Weald Retreat Centre, East Sussex. Approx. 90 minutes from London.

Cost : £365 to be paid by 30th April
(includes own room, full board (vegetarian)
early bird £320 by 28th February.

Led by Nicole Sura Reilly

For more information or to register
contact Nicole on 07882 526805
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www.highwealdretreatcentre.com



High Weald
Retreat Centre