

A Gathering of Men

A Men's weekend retreat in Ellenborough, NSW



May 12th & 13th 2018

A Weekend Workshop for Men provided by JourneyLines.

Participants are invited to stay as guests at 'Soulwood', 86 Toms Creek Rd, Ellenborough, NSW. This setting will support 8 to 12 participants and I will have Trainee Counsellors to assist. We are able to provide simple accommodation, share rooms or camp out if you wish.

This weekend is a chance to step aside from your normal life and share a time with other men interested in "what make me, me". It can be a rich time of sharing common men's stories, and a chance to assess what is working and what needs looking at, in relation to our life's and relationships.

My name is Dave and I am interested in making safe spaces in which we get a chance to express and explore what is to be a man in these times. I have had about 20years experience in running groups for self-discovery also Kevin and Andrew bring a wealth of life experiences to the support team for you.

The workshop will include Holotropic breathwork sessions, journal writing, art and Mandala's, group sharings, also meditation time and an integrative process. Participants will be working in pairs for the processes, thus gaining the rich experience of companioning others.

Holotropic Breathwork is a powerful technique for accessing the vast territory of our inner landscape. The process seems to activate our healing potential bringing into awareness experiences that shift our patterns, perspectives, and provide a far more expanded view of who we are and what our potential is. For those new to Breathwork we require you to attend an information session before the weekend this will be held online on Wednesday evening the 9th at 7pm and will run for about 1½ hours. If this is not possible could be done on the phone.

Program	
Saturday	
8:00	Gathering in with opening sharing
9:30	Breathwork 1
12:30pm	Lunch and relaxation time
2:00	Breathwork 2
5:30	Sharing Group
7:00	Dinner & social time.
Sunday	
7:00 am	Meditation
8:00	Breakfast
9:00	Integrative Process 1 (pair up and support then participate)
10:30	Integrative Process 2
12:00pm	Final Sharing in the “Way of Council”
1:30	Finish time

Provided: Dinner Saturday night, Teas, Coffees, snacks and fruit.
(For the other meals lunch Saturday and breakfast Sunday please provide for self.)

Bring: Single bed sheets and a towel for breathwork, an art pad and pastels, pen and journal, wear loose comfortable clothing. Personal items, Bring your sleeping gear, Sheets or sleeping bag, a pillow and your towel. Blankets provided.

Please bring a small item of significance to you eg. Special stone or shell (for the ‘Way of Council’)

Contact me to indicate your interest and discuss the workshop and receive a medical form to complete. If there is anything on the medical form that arises, please contact me to discuss, otherwise simply send your registration by return email. Upon registration I will send directions.

For other Workshops and Trainings by JourneyLines see our website at www.journeylines.com.au

Registration for Weekend 12th & 13th May	
Name	
Address	
Phone	
Email	
Any Diet requirements	The meal on Saturday night will be vegetarian
Payment Can be made by Direct Deposit: EFT: Acc name: Journeylines. Acc No: 95180. BSB: 722744 <i>If needed add 0 in front of Acc No, if SCCU account holder add S10 to end of Acc No.</i> Identifier: (your surname) and MW (first 3 letters of the month you are attending) example: West MW may Cheques made out to Journeylines A: Journeylines, P.O. Box 14, Goolmangar Store, Goolmangar, NSW 2480 E: admin@journeylines.com.au M: 0418492945 P: 0266888242	
Cost	Workshop (Saturday morning to Sunday afternoon) \$300
	Breathwork day only (Saturday bring your own lunch) \$180

If you are travelling and you would like to stay on Friday night please contact Rob (the owner) on 0429 999 005 or 0265 874 432 and make arrangements with him it is suggested you have dinner before arriving and the cost is \$30