

EARTH RETREAT

FOR MEN AND WOMEN



July 19th – 23rd
with Dawn and Emma Iveson

In this time of change and awakening you are invited to come and be with a most profound and essential teacher, the earth herself.

Daily dance sessions, awaken your bond with the natural cycles of life energy. The ancient Ceremony of the Sweat Lodge with Emma, offers you purification, release and visioning.

This time is for reconnection, deepening and simplification. We will nourish the body and soul with movement, massage, food and rest, with ritual, ceremony and the practice of being present to the ever changing self, reflected in all aspects of natures dance.

Price: £420
early bird by 15th June £380

CAE MABON:

Held at Cae Mabon, North Wales, the perfect place to retreat. Living in small eco dwellings beside a rushing river, we are secluded in the midst of a national trust, ancient oak forest. Close to the magnificent mountain of Snowdon we are 5 minutes walk from Llyn Paddern, the delicious swimming lake. There is a red wood hot tub for relaxing in after dance sessions delicious healthy organic food is provided.

EMMA IVESON has studied ceremony with the Lakota on the Pine Ridge Reservation, USA. She runs community sweat lodges, fire walks, and moon lodges. Emma is a flamenco-dancing mother of four and one of the first women in the country to receive a diploma in permaculture.