

Wild Woman Wise

Paths of Mary Magdalene Shamanic Retreat

24 to 30 June in the French Pyrenees

An invitation to get in touch with the Wild Woman within and immerse yourself in the power and beauty of this land, spirits and sacred springs. Explore, connect with and enjoy the deep and magical places within you. Be playful, daring, unleashed. You will tap into and explore the aliveness in your body, voice and soul with healing sounds and songs; movement and dance; shamanic journeys, meditations and healing techniques; and more playful and profound experiences.

The retreat takes place over 5 full days, starting with an opening ceremony on the first evening. Subsequently, each day will begin with freeing up body and voice, followed by a deepening of the practice which will include sound and movement, journeying to lower, middle and upper worlds, connecting with power animals and plant spirits, shamanic and medicine walks and visits to nearby power places.

Sites visited will include: Source Madeleine (Magdalene spring), Fontaine des Amours (where the Magdalene is said to have given initiations), Fauteuil de Diable (Devil's Armchair) as well as natural bathing places. The retreat will culminate in each woman evoking and celebrating her unique womanhood with a personally-created water ceremony. Everything will take place in ceremonial space and we will be out on the land as much as possible (it is likely to be pretty hot at this time). As we will be meeting just after the Solstice when the sun reaches its zenith, we will kindle this magic in ourselves with an evening fire ceremony.

with
Shamanic
Practitioner
Val Stagg



Val Stagg

*The sacred mountain
of Bugarach from the
garden at Lavaldeu*

A woman with grey hair, wearing a pink headband, a leopard-print scarf, a coral-colored long-sleeved shirt, and bright blue pants, is sitting on a large, mossy rock in a forest. She has her eyes closed and her hands resting on her knees in a meditative pose. The background is a lush, green forest with trees and ferns.

Ceremonial celebration of our womanhood, provision of a safe and sacred space to freely and creatively express our true natures will help to make this time an enjoyable adventure of discovery. Time will be set aside for fun and relaxation: singing, dancing, dressing wild, walking in the beautiful natural surroundings, or just being, and feeling the loving heartbeat of Mother Earth.

She may be slumbering below the surface waiting to be unleashed, but in each of us resides an energy that runs with the wind, plays with fire, rages with the ocean, is as strong as the mountain.

Practical Information and Requirements

A reasonable level of fitness is required as we will be walking some of the time and the terrain is mostly hilly (more info on request).

Early booking fee: £290 to be paid in full by 31 March
Full fee: £330, deposit £160, payable by 31 March, balance payable by 30 April
For more info or to book please contact Val at valstagg@btinternet.com
www.spiritvoice.co.uk

Full board accommodation: 6 nights beginning with dinner on 24 June and ending with breakfast on 30 June. Delicious organic and local vegetarian food, some grown at Lavalldieu. Breakfast and 3-course dinner in the house with picnic lunches, enabling us to be flexible.

Shared room: E298 (single rooms may be available);

Woodland camping: E268 (tent and bedding provided), E232 (bring own tent and bedding)

Please book at www.lavalldieu.com