

Wild Woman Wise

Lavaldeiu, French Pyrenees

22 to 28 June 2018

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. Each day will begin with freeing up body and voice, followed by a deepening of the practice which will include personal and group sound healing with voice, movement, shamanic journeying, 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 Mary 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.

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.

Practical Info. 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 December

Full fee: £350, deposit of £175, payable by 28 February, balance payable by 30 April. (Cheques to V. Stagg, Flat 1, 20 Regent Terrace, Penzance, TR18 4DW or by bank transfer: Sort 30 96 56, Account 00078344, Ms Valerie J Stagg).

Full board accommodation: 6 nights beginning with dinner on 22 June and ending with breakfast on 28 June. Delicious organic and local vegetarian food, some grown at Lavaldeiu. Breakfast and 3-course dinner will be in the house and there will be picnic lunches, enabling us to be flexible. **Shared room:** e298 (single rooms may be available). **Woodland camping:** e 268 (tent and bedding provided), e232 (bring own tent and bedding). Please book all accommodation at www.lavaldeiu.com

Please get in touch if you have any questions: valstagg@btinternet.com 01736 361146