

Spirit of Place

2.5 Day Introductory workshop

Connecting with the Spirit of the Earth

When	Where	What
Friday Evening	Practise room	Brief introductory talk Experiential techniques <ul style="list-style-type: none"> • Protocol for internalising consciousness • Recognising presence • Thresholds with people
Saturday at dawn	In the field	Handling your energy in the field <ul style="list-style-type: none"> • Scanning the space • Allowing yourself to be lead • Thresholds in the field
9-10.30am	Breakfast	
10.30am	Practise room	Experiential techniques <ul style="list-style-type: none"> • Thresholds with people • Breath and life in the body • Breath and life in the Earth • Recognising presence
1-2.30pm	Lunch	
2.30pm	Practise room	Theory and discussion: <ul style="list-style-type: none"> • Plato's model • Nine dimensions and the central axis
4pm	Practise room	Relaxation practise
5pm	In the Field	Experiential techniques <ul style="list-style-type: none"> • Being in trees • Energy wells
7pm	Dinner	
8pm		Close for the evening or further field practises at twilight if appropriate
Sunday Dawn	In the Field	Experiential techniques <ul style="list-style-type: none"> • Scanning the space • Earth meridians • Energy wells
9-10.30am	Breakfast	
10.30am	Practise rooms	<ul style="list-style-type: none"> • Protocols for internalising consciousness • Breathing with life • Breathing with the Earth
1-2.30pm	Lunch	
2.30pm	Practise rooms	Theory and discussion
3.30pm	Afternoon tea	Those that need to leave may head away
4pm	In the Field	<ul style="list-style-type: none"> • Dowsing the Hartman grid • Connected walking • Letting the land lead
6pm	Close	

