

2-Day Workshop:

Grounded in Light:

A Weekend Therapeutic Retreat of Mindful Engagement with Nature

Organised by the Edinburgh International Centre for Spirituality and Peace, EICSP, Scottish Charity, SC03899, www.eicsp.org, and Blue Morpho Body and Mind Centre, www.bluemorphocentre.co.uk



Facilitator: Caroline Brazier. Debbie Swain will be her assistant at the workshop.
Islay Room, Gillis Centre, 100 Strathearn Road, Edinburgh, EH9 1BB.
Saturday 25 - Sunday 26 April 2015.
Registration: 9.30am-10am.
Workshop Days: 10am-5pm.

This weekend retreat will offer a taster of what it is to encounter the natural world with consciousness and therapeutic intent. It will help us to bring our attention to the ordinary in extraordinary ways. By using methods drawn from mindfulness and ecotherapy practice, coupled with periods of silence and sharing we will create spaces in which to stop and reflect.

Caroline Brazier is course leader of the Tariki Training Programme in Other-Centred Psychotherapy and the Ten Directions Programme in Ecotherapy. She is author of six books on Buddhism and psychotherapy and has published a number of articles on Buddhism and ecotherapy as well as her most recent book, *Acorns Among the Grass: Adventures in Ecotherapy* (Earth Books 2011). Caroline teaches internationally and has been involved in developing the application of Buddhist psychology in different fields for over twenty years.

Debbie Swain is a member of the Tariki community and assists on the Ten Directions training programme in ecotherapy and has a particular interest in developing gardens as healing spaces.

Cost: £100.

For a Registration Form:
Contact: Neill Walker,
mesp2015@hotmail.com,
0131 331 4469.

2-Day Retreat:

The Taoist Way of Nourishing Life and Nurturing Spirit



Facilitator: Muriel Kirtan.
Islay Room, Gillis Centre,
100 Strathearn Road, Edinburgh, EH9 1BB.
Saturday 2 - Sunday 3 May 2015.
Registration: 9.30am-10am.
Retreat Days: 10am-5pm.

We will practice together a number of short, gentle Qigong sets to open our energy gates and energy meridians, promote deep relaxation, replenish vital life-force energy and activate our body's innate healing wisdom. The class is suitable for both beginners and experienced participants since the results gained from any Qigong practice are unique to each individual, much as water effortlessly adapts to match and be at one with whichever distinct environment it finds itself within.

Muriel began her study of Taoist practices 31 years ago when living and working in China. She became a Universal Healing Tao Instructor in Qigong, Taiji and Meditation, and a practitioner of Chi Nei Tsang and Tuina therapies, which follow the principles of Traditional Chinese Medicine. Over the last 9 years, Muriel has undertaken intensive study in Damo-Qigong and Taoist Internal Alchemy in the sacred mountain of Wudang, China, under the guidance of her teacher, Master Hu Xuezhi. Muriel is a faculty member of Wudang Taoist Internal Alchemy and Damo-Qigong.

Cost: £100.

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