



2013

NSK STRAWY

# *Welcome to Wilderlands*

## **Growing our hands back**

### **With Dr Martin Shaw**

Wilderlands is a new project that promotes rewilding the land, but also people. It is inspired by nature, by the well being and beauty of falling in love with the wild.

Each weekend is an invitation to be at ease and relaxed together for a few days in beautiful nature. Our lives move so quickly, with something always to do — but, here, the aim is to leave the stress and hassle of everyday life behind; to relax into being in nature, being at peace, and being present together in this moment.

This land is a beautiful place, where the forests and wild meadows are brimming with life. If you watch and listen carefully you might hear the owls, or the call of crow at dusk, or the dawn chorus: and you could see the swoop of bats, the gliding of swallows, hobbies, red kites, or buzzards. And will you discover the deer secretly roaming through our ancient forest?

In essence, we are here to celebrate together. We are looking forward to a wild and beautiful weekend. We offer workshops, talks, music, stories and inspired learning in the hope that we each find our own unique exquisite offering that benefits all beings. With this in mind, Wilderlands is not a place to come and escape the world but is, instead, a place to *become* part of this natural world.

Here is an opportunity to let go of the need to be anybody, and to rest your body and mind in the splendour of Nature — remembering that the greatest gift, the greatest miracle, is simply the wonder of Life itself. We are here with our fantastic crew to make you feel at home in Wilderlands. Every team member hopes that you will have a wonderful time, and that we will meet again and again. Feel free to ask any member of the team if you need anything.

To find out more about what Wilderlands does apart from wild weekends visit:

**[www.wilderlands.co.uk](http://www.wilderlands.co.uk)**

Down under the Oak tree there is the wonderful Vegan Red moon Roots organic vibe cafe in the field, serving delicious meals, cakes and more.

At the top of the meadow there is an info tent called Badger's Den. There are facilities for making hot drinks – tea, coffee and hot chocolate. There are snacks available including fruit, vegan and Gluten free varieties, Charcoal for BBQ's. We also offer the following:

Phone charging (For a fee), First Aid, General Welfare

Lost & Found Property, Information, Programmes

Safeguarding for Found children (enhanced DBS & Safeguarding)

A quiet/safe place to sit either in or outside.

Hot water etc will be available from 8am until close - between 6-8 depending on how busy it is."

There is the wonderful Missing Link Brewery across the field, which sells great crafts beers, soft drinks, ice creams, doughnuts and has street food trucks. Scroll down the page to see what's on offer, then follow instructions and book a delicious meal to pick up, they have some great food :)

<https://missinglinkbrewing.com>

There is also The Enchanted Glade spa down in the Sequoia grove, offering massage, hot tubs and a sauna.

Covid:

*On a practical level, we ask that you please read our covid policy on the website and respect everyone and their own boundaries. Give people space, please wash your hands and clean toilet and showers after use, to respect the next person coming along. There are no more than 30 people to gather at any one time until June 21st, Please respect this.*

*Rubbish: We ask that you please take home any rubbish that you bring or create. Our policy is to leave no trace and be aware of what we use. There are bin liners at Badger's Den and at the gate. Everyone here really, really appreciates your help with this.*



# Friday

## **Arrival from 3**

Set up camp.

Feel free to walk around the woodlands,  
relax as you like!

**6 - 8**

**Dinner**

**8 - 10**

## **The Handless Maiden @ Wolf Clan Cave**

An evening's teachings on the story of the Handless Maiden, a tale Martin has carried faithfully across Europe and America these last twelve years. How do we begin to grow our own hands back after the last eighteen months? What stories are we done with, which could we re-imagine? Shaw will bring us into direct and startling contact with where an ancient story connects with the tributaries of our own lives.

**10**

**Music with India Blue**



# Saturday

**8 - 9**

## **Movement practice @ Wolf Clan Cave**

Finding comfort, stability and balance in movement and stillness. Skills to open physical structure and natural breath that facilitate resting in our true nature.

## **Awareness practice @ Tigers Nest**

**9-10**

## **Breakfast**

**10 - 1**

**with break.**

Saturday morning leads us into actually telling a short folk story ourselves, as well as enjoying poetry by Lorca, Tagore and old Irish and Welsh lyric poems.

That then takes us to the rarely told Hebridean tale Cinderbiter: what does a small island do when surrounded by a vast serpent?

What kind of imagination needs to come to play at such a seemingly hopeless moment? In a time of statistics and tension this marvellous tale petitions for a different perspective on living with uncertainty.

**Lunch**

**with break.**

**3 - 6**

Martin will set a bardic task, a kind of old world courtship of place that pulls on many of the threads we have been exploring over our time together. After several hours foraging the imagination of the land, we will gather for a final circle. As a long time wilderness rites of passage guide, Martin will be sharing ways in which we can craft a weave between land and story.

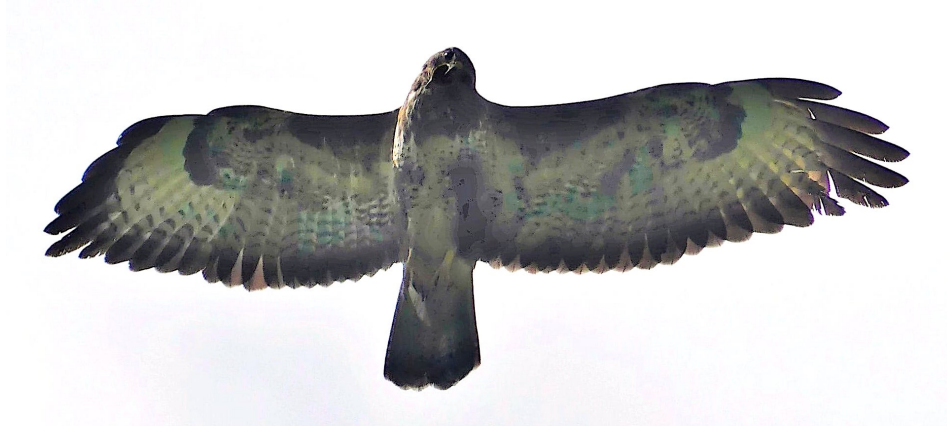
Martin will be available for a book signing at the end of the Saturday afternoon, cash only please.

**6 - 8**

**Supper**

**8 - 10**

**Campfire music**



**Sunday**

**8 - 9**

**Qigong with Simon**

**@ Wolf Clan Cave**

Qigong to open body and breath.  
Finding comfort, stability and balance in movement and stillness. Skills  
to open physical structure and natural breath that facilitate resting in  
our true nature.

**Awareness practice @ Tigers Nest**

**9.00 - 10.00 am**

**Breakfast**

**10 - 11.30**

**Lisa Dear - basketry (2 sessions (10-11.30 & 11.30 - 1)**

**(Max 8 per session)**

The occupation of transforming raw natural materials into objects of beauty and purpose is an endlessly engaging aspiration. It ties in naturally with the earthy practice of being horse drawn and reflects my long nurtured close relationship with the natural world. It is also a traditional craft of travelling people.

I work with English grown willow, rush and other found materials from the hedgerows and coppice, creating traditional and contemporary baskets for everyday use. Currently I am based on the edge of Brighton for the winter months, migrating into the deep Sussex Weald in the summer. I have lived and continue to live the best part of my life off grid and immersed in nature, in a long conversation with the seasons and wild animals

### **Singing the Land:**

Philippa Snell, folk singer and artist, will teach you an old song that comes from the Sussex hedgerows on which we stand today. We will be remembering the whispered voices of creatures, human and non-human who sung and heard it in the past. We will sing it back to the land from which it came with love. We will reinterpret it to find meaning and kinship with our own lives today.

Philippa welcomes every voice, no matter how confident or shy and holds a safe, grounded space where you will be guided through gentle vocal warm ups and listening exercises to open up your voice into a playful dialogue with sounds around you. Philippa teaches by ear, no music reading necessary, and you will learn beautiful and simple harmonies to bring the song alive. We will sing safely distanced outdoors.

## **11.30 - 1**

### **Wild Reciprocity with Rebecca Card**

An opportunity to cultivate a reciprocal relationship with the land and the other-than-humans.

How can we, as a species, show up in a connective way that offers kinship and respect, rather than the power-over dynamic that is all too prevalent? How might we enter into conversation with the 'holy wild' as if our lives depend on it? What if we were to offer, give something, rather than to extract? Imagine how the world might be if this happened.....

We will explore this by making something simple with our human hands, by spending time with these wild others, and by offering our gifts, our gratitude, our praise, in each of our unique ways, and by bringing awareness to and from our senses. There will be time to share afterwards.

### **Holotropic Breathwork @ Tigers Nest**

Many people just never really breathe deeply, the tensions of modern life cause us to breathe a shallow breath which reduces the amount of life we feel. This workshop involves breathing in a particular way under guidance which results in a wonderful cathartic release of all that's held in the pain body leaving us peacefully in Presence. Not for the heavily pregnant or those currently experiencing unstable mental health. Bring a cushion and a blanket. Timaeon is available for individual sessions throughout the event.

### **Lisa Dear - basketry**

### **Lunch**

### **1 onwards**



**MAY ALL BEINGS BE HAPPY!**

