

# Returning

3 day Embodied Presence Retreat

Bala Brook Retreat Centre  
Dartmoor

Dec 7<sup>th</sup> - 10<sup>th</sup> 2017

with Be Browne assisted by Kate Coombs

Returning to this heart, this body, this moment and the simplicity of our Essential Nature.

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**Returning to** this heart, this body, this moment and the simplicity of our Essential Nature.

In our daily lives we tend to get so busy in our thinking and our doing that we lose touch with the simplicity of our essential nature which is always here, aware and awake.

This retreat offers a safe space to explore the nature of our being, recognize the many ways we lose connection, and discover what supports us to stay present and embodied in our lives.

The days will include movement, meditation, enquiry, time in the beautiful surroundings and sharing our insights and experience in good company. It is also a time for rest and replenishment.

Some of the retreat will be held in silence to support the dropping away of our habitual ways of behaving and relating and to give us the opportunity to 'listen in.'

**Bala Brook** is situated in a beautiful, unique location with a river running through the land and the open moors just through the gate.

Both **Be** and **Kate** have been actively engaged in the exploration of embodied presence for over 25 years with support and guidance from their mutual teachers Adam Bradpeice and Ruth Noble. Both are passionate about this work and the richness it brings to their lives and work.

The warmth and depth of their connection helps create a safe, welcoming space for others.

**Be** has an Integrative Counselling practice in Devon working with individuals and couples. She also facilitates groups and retreats.

**Kate** is a Shiatsu practitioner, Rhythmic Healer and Artist practising in Devon.

Cost: £295 if booked before 20<sup>th</sup> Oct or £320 if booked after 20<sup>th</sup> Oct.

Price includes food, accommodation and guidance. Deposit of £100 required to secure a booking.

All food will be vegetarian and where possible local and organic.

For more information or booking please contact Be: 07899 975123 · [thisunfolding.co.uk](http://thisunfolding.co.uk)