

Maturing Men: making sense of life past 50

A weekend workshop at Hazel Hill Wood, near Salisbury

Led by Alan Heeks, Robert Osborn and Max Mackay-James

July 6 – 8, 2012

The maturing years are a time of huge change for most men, when their sense of self needs expanding and re-inventing. In this weekend, we will explore the issues, and how to face them. You will hopefully gain a fresh sense of who you are now, and how you want to ripen in the years ahead. There will be group time and solo time, indoors and outdoors, with support and insights from experienced facilitators, the fellowship of maturing men, and a magical wood.

Alan is currently writing a book for men beyond 50, and the weekend will draw on this material, such as processes to help you discover who you are now, who you want to be, clear issues, and form the skills to enjoy this life stage to the full. The three guides for this weekend all have wide experience of self-development and working with men's groups. They won't give you answers, but will help to steer the journey.

Hazel Hill is a secluded 70-acre conservation wood a few miles from Salisbury.

Accommodation is in warm basic wooden eco-buildings with a mix of small bedrooms and sleeping lofts plus hot showers and compost toilets. Group sessions will be in the beautiful main room, or outdoors. To deepen our sense of community, everyone is asked to help with practicalities of cooking food, clearing up and cleaning.

For more information see www.hazelhill.org.uk.

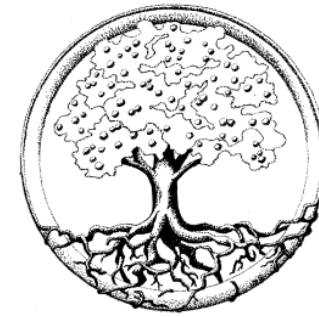
See also www.menbeyond50.net

The cost of the weekend is £155 including food and accommodation, concessions available. For enquiries and bookings, contact Max on max@menbeyond50.net or 0781 1948811.

For more information, see overleaf

Alan Heeks and Ger Murphy are leading a similar workshop in Ireland, at Dunderry Park near Dublin, June 15 – 17, 2012. For details and bookings contact Ger on

11germurphy@eircom.net or 00353 866 049007



THE GUIDES

Alan Heeks, 63, is the author of 'The Natural Advantage' and has re-invented himself, his work and his relationships several times. He has been a successful entrepreneur, and is now an expert on sustainable living. After a 26-year marriage and two kids, he enjoyed a second adolescence in his fifties, and now has a settled partnership. Alan is a member of two men's groups, lived in a cohousing community for six years, and has led many groups on men's issues, finding life purpose, and knowing where your towel is. He is a widely experienced facilitator, including vision quests, men's groups and self-fulfilment at work.

Robert Osborn is an Elder. He has been teaching in one form or another for 45 years, in both university and sixth forms, and also worked in theatre and community theatre for many years, mainly as a director. His spiritual journey began with Encounter, Bioenergetics, and his first Men's Group in the 1970s. With his partner of 30 years, Marta, he now runs Celtic Tantra workshops at Hazel Hill Wood, and is a member of the Hazel Hill Men's Circle. He is 67, with three children and two grandchildren.

Max Mackay-James, 60, is a semi-retired GP with a deep interest in how to inspire people to make positive and lasting social changes and in their own lives, especially in the later life stages. He has been a member of the Cumbria Men's Group for many years.