

MANFULNESS, MINDFULNESS, MUSIC AND MORE...

Hazel Hill Wood, August 28 – 31

A Men's Retreat

A chance to relax, renew, and reflect in the company of men and this magical 70-acre wood. Men of all ages are welcome. Our long weekend will include group sessions, solo time in the woods, doing conservation work together, relaxing with campfires and good food. And exploring...

Manfulness is a quality unique to each man, waiting for us each to find it. We men often feel we're less than, but together we can realise we're all 'more than'.

Mindfulness is a range of methods to help you be more present in the moment, in your body, and more resilient to the crazy sides of modern life and work.

Music and song are great ways for a group of men to find their fellowship and shared note

More can be what we choose, and might include: learning about natural resilience from the wood, dreaming with the trees and the stars, exploring men's life stages and transitions, their relationship with work, and just hanging out...

This weekend is a joint Mindful Life – Wisdom Tree event, hosted and guided by Alan Heeks and Nick Mabey, with the intent that all of us will shape the time together.



Venue Hazel Hill Wood, near Salisbury.



Hazel Hill is a 70-acre conservation woodland and retreat centre near Salisbury with off-grid wooden eco-buildings: see more at [YouTube](#) www.hazelhill.org.uk [Facebook](#)

Alan Heeks has stewarded Hazel Hill for 27 years, and co-led many men's groups here. He is partner in Wisdom Tree, offering life skills for resilience, and author of 'Out of the woods: a guide to life for men beyond 50'. See www.wisdomtree.uk.net

Nick Mabey is a partner in Mindful Life, offering mindfulness retreats, and in Relume, who work with large businesses that are interested in challenging the status quo. He brings a fine blend of caring, chaos and creativity to all around him. See www.themindfullife.co.uk

Practicalities

Timing 7pm Friday to 11am on Monday.

Price £160 including basic accommodation (sleeping lofts or camping), a few private rooms available at £190. Concessions available

Food will be co-ordinated bring and share.

Bookings & Enquiries

For bookings and enquiries

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the mindful life
compassion | connectedness | generosity


WISDOM TREE
Growing resilience and wellbeing.