

Spoons and Spirit: where the grain takes us

A wooden spoon-making workshop & retreat at Hazel Hill Wood, 16-18 November 2018

With William Torlot and Marcos Frangos



About wood

William and Marco are delighted to co-host this workshop and retreat. An object made of wood evokes a special fascination – it's warm and silky to touch, gradually revealing its intriguing patterns in the grain, with contours and subtle changes of colour. Enjoy the magic of making, the anticipation of opening a rough piece of wood, seeing hidden features, your imagination exploring the practical and the spiritual. Perspiration and inspiration are rewarded as the grain and shape emerge and tactile satisfaction swells.

Being in woodland

Woodland, throughout history, has offered us shelter, food, fuel, tools, clothing and a sense of deep interconnection with nature. It's long provided a place for retreat and contemplation, in the presence of natural beauty, death, regeneration and growth. Trees stand as noble monuments to the past they have witnessed, at a molecular level, each growth ring storing carbon atoms as time-marked building blocks.

Making spoons in Hazel Hill Wood

The humble spoon is easily taken for granted, yet it's an extraordinary example of form and function - elegant simplicity sculpted into an everyday object we could hardly do without. This is a unique opportunity to experience this magical woodland and the joy of carving your own spoons from freshly-cut wood at Hazel Hill. While practicing ancient skills and focusing on the spoon taking shape in your hands, there's the perfect opportunity to reflect: being mindful of the woodland around us, of the raw materials it offers, and being curious about our own path as we follow the grain and encounter knots and irregularities on the way. A chance to feel the ancient glow of creative spirit in a natural habitat.



About our time together

You'll be guided through the process of making a wooden spoon from greenwood using traditional tools. Each step will be demonstrated: selection of wood, cleaving into billets; using hand axes, chip knives, gouges and crook knives to shape and hollow your spoon; and finally finishing and preserving the wood. As well as making your own spoon(s) to take home, you'll learn about maintenance and sharpening of tools and how to source greenwood to continue the joy of spoon-carving at home.

Guided reflections will be offered to help you connect with the magic of Hazel Hill wood and the project at hand. We can seek context and find wisdom and inspiration from Hazel Hill and the timber it provides. Paying gentle attention to the interconnectedness of life and tuning into the heartbeat of nature, this a journey of self-discovery. You might encounter surprises and challenges along the way, as the evolution of the spoon you're crafting and your own inner process dance together.

Experience required

This workshop has been designed to suit any level of woodworking experience from the complete novice to the experienced practitioner.

About us



William Torlot is a lifelong wood enthusiast who has found an alternative existence away from his office desk by reconnecting with a creative spirit and rediscovering the joy in the process of making beautiful objects from wood and helping others to do the same.



Marcos Frangos works at Hazel Hill Wood, as general manager, as well as running workshops ranging from resilience and wellbeing to constellation retreats. He's delighted by the synthesis between the craft of spoon-making and the possibilities of inward journeying and insights in nature.



Niki Koutouras brings her experience as an artist, designer and coach to help hold the nurturing aspects of our retreat. With Marco's support, she'll be orchestrating nourishing vegetarian meals, and being on-hand to witness and support you in your personal explorations through making.

Timings:

Arrival day: Friday 16th November from 16.00, Departure: Sunday 18th November 15.30

Cost: £285 per person fee includes: Spoon-making tuition, tools and wood supplied, course notes and wood to take home, six vegetarian and home-cooked meals plus tea/coffee and healthy snacks. Accommodation will be in one of our beautiful off-grid eco-buildings in shared sleeping rooms. There are also a number of single/double private rooms available at an additional £40 per room supplement.

Bookings: For enquiries and bookings, please contact Marcos Frangos:

marcos@wellspringchange.com, 07881 425 804

There is a maximum number of 10 participants on the course.



Learn more about Hazel Hill Wood: <http://www.hazelhill.org.uk/>