

# Attuning to Organic Wisdom

A BodySoul®- BodyDreaming® Workshop

With Abigail Whyte and Fiona Rooney

November 24<sup>th</sup>-26<sup>th</sup>, 2023

SCCUL The Sanctuary, Clarinbridge, Co. Galway.



*Is there anything left to be said about the blaze of autumn leaves -  
The way they let go with such graciousness...  
The colours fade. They turn sodden...*

*If you can be still for a moment, You might notice  
That the roots that feed you  
Are still reaching silently through the dark.*

Lynn Ungar

At this weekend retreat we will gather in the beautiful space of SCCUL Sanctuary. Located within the 19<sup>th</sup> century landscape of Kilcornan Demesne, surrounded by ancient woodlands and nestled between the rivers of the Clarin and Dunkellin before entering into the Atlantic.

Over the course of the weekend, with the support of the rhythm of winter we will orient to the holding of the landscape, both inner and outer. Through the creative embodied practices of BodyDreaming® and BodySoul Rhythms® we will regulate our systems, Attune to the organic wisdom of our bodysouls and Listen to what psyche is calling to our attention.

**Winter Retreat:** November 24<sup>th</sup>-26<sup>th</sup>, 2023.

Commencing at 4pm Friday 24<sup>th</sup> and ending at lunchtime on Sunday 26<sup>th</sup>.

**Venue:** SCCUL The Sanctuary, Clarinbridge, Co. Galway

Non-residential, list of local accommodation on request.

**Facilitators:** Abigail Whyte and Fiona Rooney

Both Abigail and Fiona are graduates of the Marion Woodman Foundation BodySoul Rhythms® Leadership Programme.

**Cost** €250 (incl. food and materials) For information and application form, email [abigailwhyte776@gmail.com](mailto:abigailwhyte776@gmail.com)