



FOUR FIRES

Stand Still and Balance

A BodySoul Rhythms® Journey through the Celtic Wheel of Time working with the energies of the Solstices and Equinoxes through Movement, Ritual, Embodied Story and Dreamtime

WINTER SOLSTICE RETREAT:
VENUE:
FACILITATORS:

December 13th -15th December, 2019
Teach Bhride, Tullow, County Carlow
Abigail Whyte and Sally Ann O'Reilly

THE MYSTERY

I am the wind which breathes upon the sea,
I am the wave of the ocean,
I am the murmur of the billows,
I am the ox of the seven combats,
I am the vulture upon the rocks,
I am a beam of the sun,
I am the fairest of plants,
I am the wild boar in valour,
I am the salmon in the water,
I am the lake in the plain,
I am a word of science,
I am the point of the lance of battle,
I am the God who created in the head of fire.
Who is it who throws light into the meeting of the mountain?
Who announces the ages of the moon?
Who teaches the place where couches the sun? (If not I)

ascribed to the poet Amergin,
translated by Douglas Hyde.

By leaning our bodies into the support offered by the seasonal comings and goings of Mother Nature, aligning our whole selves with the rhythms inherent in the Bigger Container, we explore the possibility and potential of meeting these natural pulses of life from deep within our own bodies, from within our own psyches. We come home to ourselves, to our own Soul Story feeling resourced, connected and held by embracing a greater story, a Sheltering Story that nurtures and supports all life on Planet Earth.

COURSE CONTENT AND BENEFITS:

Four Fires: Stand Still & Balance offers a somatic journey through the Wheel of Time, a pathway of indigenous wisdom that evolved from our forebears living in harmony with nature on the Western Isles of Europe. This series of four retreats — Winter Solstice, Spring Equinox, Summer Solstice and Autumn Equinox — compliments our previous Four Fires Retreats based on the lunar festivals of Samhain, Imbolc, Bealtaine and Lughnasadh. **Please note it is not necessary to have completed this earlier lunar cycle and that the solar retreats can be taken individually or in sequence.**

Four Fires Retreats offer a gentle introduction to ceremony and ritual, to working with movement, dreams, myth and story, art, clay and journaling. The embodied aspects of these retreats is informed by the facilitators' work in Somatic Experiencing and Somatic Movement Therapy, including embryology and developmental movement patterning, while the movement element, most especially the Dance of Three, is grounded in the discipline of Authentic Movement[®].

Four Fires Retreats are open to anyone with an interest in exploring BodySoul Rhythms® and it's potential in their lives. BodySoul work holds to the principle that since the psyche and soma are inseparable, body and mind might best be explored together in service of healing and growth. BodySoul involves listening to the body and paying attention to unfolding dreams. In this way, guided by the Self, space is provided for the unconscious to emerge through movement, voice work, painting, journaling, myth and mask making. BodySoul is deeply rooted in the work of C.G Jung, as developed by Jungian analyst Marion Woodman, dance educator Mary Hamilton and voice coach, Ann Skinner.

Abigail and Sally Ann recommend that participants have experience in bodywork and have undertaken or are undergoing some form of accredited therapy.

For more information: www.mwfoundation.org

WINTER SOLSTICE RETREAT: DEC 13TH - 15th 2019

Solstice means “the stand still of the Sun” and at the two Solstice points in the cosmic year, the sun’s cycle reaches it’s peak, stops and begins it’s change of energy. The Winter Solstice is a time to stop and look back at where the last six months have taken us before looking forward and acknowledging where the next six might lead. It is an opportunity to stand still in what is called “*dubh luachar na mbliana*”, the darkest of the dark nights. It is a moment in time to be conscious of our life’s flow and direction, a time to celebrate achievements and acknowledge challenges by meeting the shadow and light, both within and without.

In Ireland, the neolithic site most associated with the Winter Solstice is Newgrange or **Brú na Bóinne**, the dwelling place of Aengus Og, the God of Love. He was the son of the Daghdha, a mystical, supernatural being with magical powers, and Boann, goddess of the River Boyne. Aengus is celebrated in mythology as having been conceived and born in one day.



FOUR FIRES BOOKING FORM

NAME -----

EMAIL -----

TELEPHONE -----

EMERGENCY CONTACT NUMBER -----

Please outline your experience of
bodywork and therapy

Do you have any health issues/physical weakness
that we should be aware of ? -----

WINTER SOLSTICE RETREAT: Friday 13th - Sunday 15th December

Begins with registration on Friday at 5pm, followed by dinner at 6pm. Course finishes after Sunday lunch.
Direction to Teach Bhride sent on request.

Cost

Please tick

FULL PRICE (including room, food and tuition)	<input type="checkbox"/>	€325
DEPOSIT (due 13th November, 2019)	<input type="checkbox"/>	€ 55
EARLY BIRD (due in full 13th November, 2019)	<input type="checkbox"/>	€300

Cost includes materials sent in advance or handed out during retreat.

For More Information or To Register

Abigail Whyte	abigailwhyte776@gmail.com	+353 (0) 86 056 4223
Sally Ann O'Reilly	sallyannoreilly@eircom.net	+353 (0) 86 803 5399

Cheques, drafts or postal orders made out to:

Abigail Whyte, 776 Howth Road, Blackbanks, Dublin 5, Ireland.

Bank Transfer: Please email Abigail for details: abigailwhyte776@gmail.com

PayPal Account: www.paypal.com - abigailwhyte776@gmail.com

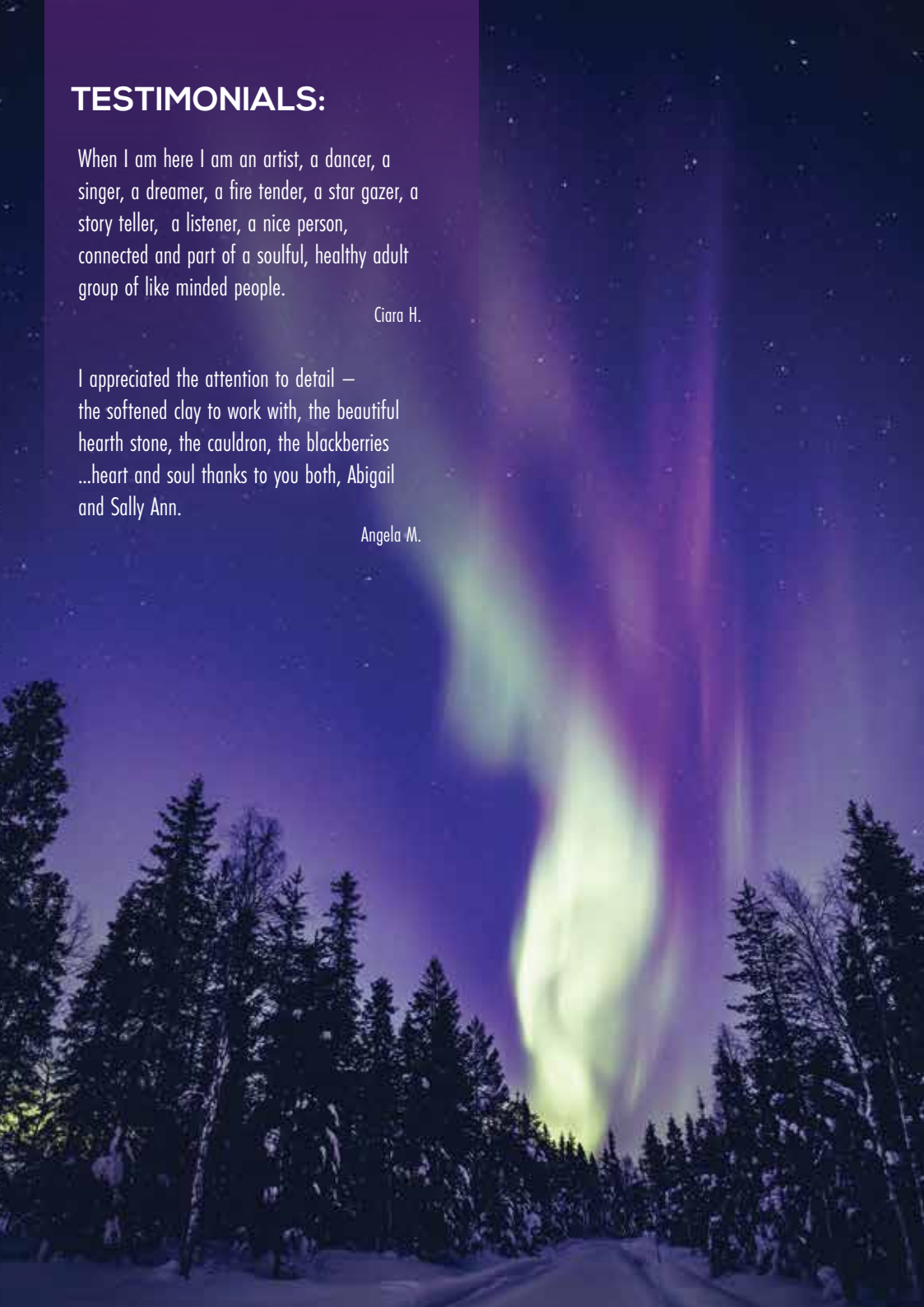
TESTIMONIALS:

When I am here I am an artist, a dancer, a singer, a dreamer, a fire tender, a star gazer, a story teller, a listener, a nice person, connected and part of a soulful, healthy adult group of like minded people.

Ciara H.

I appreciated the attention to detail – the softened clay to work with, the beautiful hearth stone, the cauldron, the blackberries ...heart and soul thanks to you both, Abigail and Sally Ann.

Angela M.



SAVE THESE DATES FOR OUR 2020 FOUR FIRES RETREATS

Spring Equinox Retreat	Friday, March 20th to Sunday March 22nd, 2020
Summer Solstice Retreat	Friday June 5th to Sunday, June 7th, 2020
Autumn Equinox Retreat	Friday, September 18th to Sunday, September 20th, 2020

FACILITATORS:



Abigail Whyte:

Abigail is a graduate of the Marion Woodman Foundation BodySoul® Rhythms Leadership Programme and has facilitated BodySoul® groups in Dublin since 2013. She is trained as a Somatic Experience/Trauma Practitioner (SETI) and runs a private practice in Dublin.

Abigail has worked for 27 years as a Clinical Psychologist with young people and their families in the public health service in Ireland.

She is currently involved in training Clinical Psychologists for UCD and Trinity College, Dublin. www.abigailwhyte.ie



Sally Ann O'Reilly

BA; Dip. SMET is a graduate of the Marion Woodman Foundation BodySoul Rhythms Leadership Programme. Following a twenty five year career as producer, writer and script editor in film and television, Sally Ann retrained as a somatic therapist and movement educator (SMET) and now runs a private practice in Dun Laoghaire, County Dublin (www.someti.ie). She is currently undertaking a post graduate programme in Authentic Movement called Original Nature with Julia Gombos (USA) and Joan Davis (Ireland).

Since 2003 Sally Ann has facilitated Women's Moontime Teachings using Native American and Irish Medicine Wheels, incorporating bodywork, ceremony and sacred story. Weaving together these two indigenous earth based wisdom traditions, she has supported over sixty women from Ireland and Europe to complete their Rites of Passage.

Artwork

The accompanying images are from a collection of paintings entitled The Ever-Living Ones by artist Jane Brideson. Jane's extensive collection of work is a celebration of the archetypal goddesses and gods who inhabit the rich mythological landscape of Ireland.

www.theeverlivingones.blogspot.com