

A
gathering
of Men



November 14th pm
to 16th
2008

with

and

Dave West
from
JourneyLines
258 Warby Rd,
Jiggi. NSW 2480
Ph: (02) 6688 8242
Or 0418 492 945
Email:
journeylines@bigpond.com

Bernie Gardner
1643 Coramba Rd, Megan,
or PO Box 274 Dorrigo
NSW 2480
Ph: (02) 6657 4184

This is a gathering of men:

- who want to take time to be present to themselves.
- who want to explore their inner world
- who want to connect with the more of who they are.
- who have 'sorry business', hurts, to tend to.
- who want to be in life with all of who they are, mind and body, feelings and spirit.

All you need to participate is:

- your story
- the desire to connect with more of you.

This is a weekend of personal exploration:

- in a supportive group of fellow men.
- starting from 'what is happening for me in life, now'.
- using methods from Transpersonal and Emotional Release Counselling.
- getting beneath our thinking and rationalising.
- getting to layers of feeling and release.
- being guided by the inner wisdom/healer that we each have.
- listening to parts of ourselves that are less conscious.

The methods offered provide:

- ways of experiencing both conscious and unconscious parts.

- ways of feeling deeply, releasing and clearing.
- ways of being present to our bodies, our emotions and our energy.
- ways of connecting with our biography, our birth and the transpersonal.

The methods include:

(as appropriate)

- Sharing parts of our story.
- Bioenergetics and movement
- Sounding, drawing and journaling.
- Breathwork sessions and other meditations.
- Dreamwork, Sandplay and other symbol work.
- Child / adult separation process.

The facilitators for the weekend are Dave West and Bernie Gardner. Both are fully qualified Emotional Release Counsellors (ERC) and full members of the A.T.E.R.C. Inc. Both Dave and Bernie are actively engaged in furthering their own inner journeys.

Details:

Venue - The Inner Journey Centre.

86 Toms Creek Rd Ellenborough NSW

Ph: (02) 65874356

Time - Friday evening 14th November for dinner - to Sun 16th at 4pm

Cost of two days: (including meals and accommodation for 2 nights)
\$ 220

Bring with you -

- drawing books & crayons, journal
- pair of sheets, pillow case and a towel.
- also your own personal items.

Book in by - The evening of 12th November 2008 with
Dave on (02) 6688 8242
or Bernie on (02) 6657 4184

