

*A*  
*Gathering*  
*of Men*



February  
5<sup>th</sup> to 7<sup>th</sup>, 2010

At  
The Inner Journey Centre  
86 Toms Creek Rd,  
Ellenborough. NSW 2446  
Ph: (02) 6587 4356

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.
- who are interested in looking at their issues in life and relationships.

All you need to participate is:

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

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 are:

- 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.
- Breathwork sessions and other meditations.
- Dreamwork, Sandplay and other symbol work
- Child / adult separation process.
- Bioenergetics and movement
- sounding, drawing and journaling.

The facilitators for the weekends are Dave West, Chris Chaplin, Bernie Gardner and Damian Calhoun (Combination of 2 for weekends)

All are fully qualified Transpersonal and Emotional Release Counsellors (TERC) and full members of the A.T.E.R.C. Inc. except Damian who is an Associate Member. All are actively engaged in furthering their own inner journeys.

**Future dates-**

February 5<sup>th</sup> to Sun 7<sup>th</sup> Ellenborough

March 12<sup>th</sup> to Sun 14<sup>th</sup> Jiggi

May 21<sup>st</sup> to Sun 23<sup>rd</sup> Ellenborough

June 11<sup>th</sup> to Sun 13<sup>th</sup> Jiggi

**October 11<sup>th</sup> to 15<sup>th</sup> 5 day**

**Men's Rite and Retreat, Ellenborough**

November 26<sup>th</sup> to Sun 28<sup>th</sup> Ellenborough

December 3<sup>rd</sup> to Sun 5<sup>th</sup> Jiggi

**G'day Folks,**

As you can see some changes for this year, with Steve Nolan of IJC on medical convalescence there will be a few different facilitators stepping in over the next while. Also I'm called to start the weekends in Jiggi to extend the work to men further north. Also the 5 day Rite and Retreat will be an annual event. I look forward to seeing old faces and new ones during the year.

**Details:**

Venue - The Inner Journey Centre

86 Toms Creek Rd, Ellenborough. NSW 2446

Ph: (02) 6587 4356

Time - Fri evening February 5<sup>th</sup> to Sun 7<sup>th</sup> at 4pm

Cost of two days: (including meals and 2 nights accommodation) \$260

Bring with you -

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

Book in by - evening of 3<sup>rd</sup> Feb

( Call or leave a message )

with Dave on (02) 6688 8242 or 0418 492 945

Email: [journeylines@bigpond.com](mailto:journeylines@bigpond.com)

We look forward to sharing the weekend with fellow men.

Warm regards,

Dave West.

