

NATURE CONNECTION

An introduction to 8 Shields

ESSENTIAL INFO:

- * **Date:** Saturday 26th October 2019
- * **Location:** Outrageous Woods, West Acre Estate
- * **Time:** 9.30am – 5.30pm
- * **Cost:** flexible rate: £95 – non-profit/ individual, £75 – low income, £115 – organisations/Schools (includes a nourishing veggie lunch & refreshments)
- * **Maximum Group Size:** 24 people
- * **Course Tutor:** Dr Deborah Benham



WHO IS THE COURSE FOR:

Anyone wanting to deepen their connection to nature, themselves and community. The day will be a gentle introduction, so no prior knowledge is needed.

Suitable for: Outdoor Educators and Forest School Practitioners, Parents, Teachers & practitioners of all types, Councillors, Ecotherapists Permaculture & XR enthusiasts

WHAT WILL THE WORKSHOP COVER:

The day has been carefully crafted to give participants a taste of deep nature connection through immersive connection modelling practices. We will be exploring the core routines of nature connection through a variety of games and activities to enliven the senses. There will be time and space to connect with the woodland space and share stories within a nurturing community. In the afternoon we will be taking a glimpse 'behind the veil' to begin exploring the 8 shields concept, lineage and methods of working

www.8shields.org

The workshop will include:

- * Experiencing some of the core routines of deep nature connection
- * An introduction to bird language
- * A gentle introduction to the 8 shields method
- * Information about further sources of support and networks
- * Time & space to connect to the woods, yourself and others.
- * A yummy veggie lunch and refreshments!



DOMESTICS & CATERING:

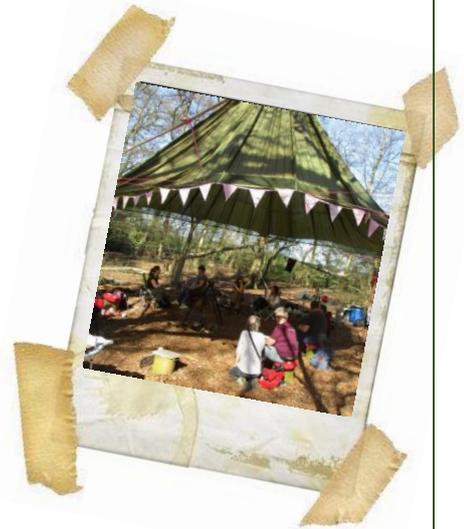
We will be spending the day in our woodland camp area. Please be aware that we have no indoor space so will be outside all day. Please ensure you bring appropriate outdoor clothing to be comfortable. We have a woodland shelter to use in wet weather and the campfire is always burning!

Hot drinks, and refreshments will be provided throughout the day as well as a nourishing veggie lunch (please advise us of any dietary requirements when booking).

VENUE INFORMATION:

We are lucky enough to be allowed to play in our woodland site by the kind permission of the Birkbeck family. It is easily accessible from main road routes.

Address – Outrageous Nature Woodland, West Acre Estate, B1153, just off the A47 (about 15 mins west from Swaffham). Please look out for directions and map in pre-course information.



ABOUT THE COURSE FACILITATOR:

Deborah has been involved with 8 Shields and Art of Mentoring since 2011. She works closely with 8 Shields Institute, running their online Village Builders programme and designing and running a variety of other short courses. She also takes a leading role within the team setting up Nature-Culture Network, the 8 Shields UK charity. Alongside 8 Shields work, she works part time for Transition Network, particularly focused on social change, collaborative culture and supporting transition training. She also offers consultancy, training and workshop facilitation in nature connection and regenerative culture.

ABOUT THE OUTRAGEOUS NATURE COMPANY:

The Outrageous Nature Company is a Community Interest Company that helps get the ball rolling for people to be out together playing in nature. You can follow us on Facebook (search for the Outrageous Nature Company and look for the dung beetle logo!) or check out our partially completed website www.outrageousnature.com

BOOKINGS & PAYMENT:

Please fill in the online booking form found on our website here - www.outrageousnature.com/events-courses Please make sure that you have taken a look at our terms and conditions before booking. Your booking will be confirmed via email and precourse information sent nearer the course start date. An invoice with payment instructions will be sent to you upon booking.