

2012



ANAM CARA

RETREAT CENTRE IN THE SCOTTISH HIGHLANDS



Shamanism - Buddhism - Meditation - Soul Quest - Permaculture
Working Retreats - Yoga Training - Healing Arts

Welcome to Anam Cara



Twobirds, Alastair & Margaret

Anam Cara

is a Gaelic word meaning "soul friend"

*It symbolises a spiritual friendship
that is not affected by time,
distance, or separation.*

*In the old Celtic tradition, the Anam Cara
was someone you could share your
innermost self, mind and heart.*

*This soul friendship was an act of
recognition and belonging,
helping us return to the hearth of our Spirit.
We have chosen this name as a symbol for the
'circle of belonging', that inner friendship
which embraces nature, divinity,
spirit and human world as one.*

Location

ANAM CARA lies 600 feet above sea level and overlooks the city of Inverness with stunning southerly views towards the Monadhliath Mountains. We are only three miles from the city centre yet surrounded by farm and woodland. The scope for walking is endless. The centre is set in seven acres of land.

Accommodation

The guest living space comprises of three large wooden clad caravans which are literally set into the hillside each with marvellous southerly views. The caravans accommodate up to five people in two single, one double and one twin room all with electric heating. A turf roof pavilion offers comfortable communal space for both relaxation and eating. All food is prepared in our galley kitchen adjacent to the pavilion.

Workshop venue

The principle venue is a purpose built octagon constructed from locally grown timber with large patio windows looking south over Inverness and the mountains beyond. The log burning stove, oak floor, and turf roof creates a unique and lovely space. The building also has a kitchen and library for general use. There is a range of interesting additional buildings including a secluded shrine room, a 'barrel' therapy room in which treatments are available by arrangement and an earthlodge - a cave in the hillside.

Living arrangements

Workshops and retreats are fully residential with vegetarian meals provided. Please note that during working retreats, meals will be prepared by participants.



Residential Workshops & Retreats

All the workshops and retreats are fully residential. A non-refundable deposit of £50 is required to secure a place.

Finding your Wings Intuition & Healing Retreat

with James Philip
16–18 March
(starts Friday evening)

This workshop is intended to be deeply transformative and restorative; delivered in a safe, modern and down-to-earth manner. Suitable for the complete “beginner” as well as those with previous energy healing, shamanic or intuition experience.

The purpose of the workshop is to:

- meet our spiritual guides, teachers & power animals & deepen the connections
- receive transformative healing; empowerments and channelled guidance from White Eagle individually and to the group
- through guided meditation enjoy a deeper awareness of the subtle energies of your chakra system, celtic cauldrons & aura
- develop energy techniques for grounding & protection and understand their importance
- practise modern energy tools of healing; awakening for and new tools of intuition & mediumship.
- expanding the spiritual gifts of clairvoyance, clairaudience and clairsentience.

James Philip is an experienced spiritual medium, healer and channeller, and founder of ‘Celestial Earth’. For more detailed information see www.celestialearth.org

James is also running a Magical Awakening day workshop on March 15th, see page 10 for details

Cost £175, 15 Participants

Deer Medicine & Eagle Medicine Sweatlodge Ceremonies

with Chief Dancing Thunder
6-8 April
(starts Friday evening)

O-HEY-O Genero, This springtime we will be holding two Susquehannock Tribal Sweat Lodges.

Following on from last years Wolf and Bear Medicine Lodges we will complete the Susquehannock tribal medicine wheel by honouring the totem’s of Deer and Eagle.

Totem medicine lodges are meant to connect us directly to the spirits of the totems and enable us to have a one-to-one experience, with a totem animal that creates a lifelong friendship and source of knowledge.

I’m looking forward to meeting and welcoming you to the Susquehannock tribal ceremonies at Anam Cara.

We Are All Related Friends!
Chief Dancing Thunder

Dancing Thunder is the Grand Sachem of the Susquehannock in Florida. He comes from a long line of shamans and healers and has been teaching in Europe for 40 years. He has a vast knowledge of the original teachings and ceremonies of Native American tribes.



Cost £195, 28 Participants
£165 (Camping)

Chakra Sensory Intergration & Tools to Strengthen The Will

with Jennifer Lynn Cline
19–23 April
(starts Thursday evening)

On behalf of all sentient beings, we invite you to join us on a heart centered journey of inner transmutation where past traumas and old energy patterns can be transformed into higher frequencies of trust, creativity, balance and harmony.

As sentient beings, our sensory system is heavily influenced by previous ‘traumas’ which compromise the chakras natural healthy response to life. In the spirit of equanimity, we will learn to loosen the strong invisible hold that these “traumas” have held for generations along the DNA strands of our being.

Each participant will be offered practical innovative tools to clear their sensory receptors and attune the chakras to a natural healthy life affirming state. We will also open up new and creative pathways of ‘innocent perception’ and deepen our sense of harmony and balance through the gift of gratitude and silence.

This course is based on tenderness and simple human kindness, which allows complex sensory receptors to nurture our body and delight the soul on this amazing journey we call life!

Come prepared to transform, self empower and awaken to the essence of your true nature.

Cost £295, 15 Participants

Crossing Over The Rainbow Bridge

with Jennifer Lynn Cline

26 April–1 May

(starts Thursday evening)

This is an invitation to deepen further into the heart centre. During this sacred time together, we will make use of tools previously learned, and continue with the essential work of releasing trauma markers which have been held in the family line for generations.

When we embrace the principle of Ahimsa (no harm) into our daily lives, we learn to invite gentleness, awareness and compassion towards ourselves and others. Instead of pain and suffering, we can choose the path of unlimited creative potential.

As we remember and awaken to our true nature, we also begin to embrace the gift of equanimity, where inner spaciousness allows us to be at peace in all circumstances. Trust, flow, ease and grace can then find a place in this transformative process back to equilibrium.

For those souls that hear the urgency of the call, please join us in this year of personal and planetary awakening, as we move from dualistic consciousness towards unity and wholeness.

This event is open to all those souls who have previously worked with Jennifer.

Jennifer practices the art of silence and constantly communicates with spirit for guidance. She encourages participants to attune to divine will and accept their natural power of innocence in restoring the heart centre.

Cost £295, 15 Participants

Spirit of the Mountain

with the Anam Cara Community

4-11 May

(starts Friday evening)

Join Alastair, Dominic and Donald for a week in the glorious hinterland of Inverness-shire and Wester Ross.

We will explore many different landscapes together. From mountain to loch shore there will be the opportunity to walk the ridges and tops as well as the more gentle straths and glens.

A reasonable level of fitness is a pre-requisite however walks to accommodate a range of ability and experience will be offered.

Walking is described within the Buddhist tradition as one of the four postures of meditation; we will seek to marry our mindful wanderings with keen awareness of the changing contrasts of our internal and external landscapes.

Amidst the rugged beauty of the Highlands we will walk with a sense of being in and of our bodies, conscious of our sense of belonging and essential unity with the land.

Bring sturdy walking footwear, waterproofs and a sense of adventure.



Cost £325, 12 Participants

Nature's Song

with Vera Bohlen &

David Harrison

18-20 May

(starts Friday evening)

Join us for a weekend of harmonious song, chant, and merriment as we open our hearts and share time with trees.

We will learn a range of melodies from around the world with trees at the centre of our tuneful mandala, carrying our songs into nature and 'performing' at various sites around the centre.

On Saturday we will be sharing and learning songs from different traditions whilst Sunday will be spent in and around the greenhouse, sharing songs as we prick out the seedlings.

Both days will incorporate the lesson of mindfulness as a daily practise with the opportunity to join Anam Cara's early morning meditation.

The weekend will be a feast of singing, celebrating spring growth inside and out. Singing together is such a source of well-being, it offers an opportunity to both open out and make easy and joyful connections.

All songs are taught orally, employing rounds and four part harmonies. All levels of experience are welcome with each day able to be attended separately.

Our wish is that after a whole weekend of singing we'll all go away with hearts full of gratitude for our beautiful earth.

David and Vera have shared songs for over 10 years, both in the UK and abroad.

Cost £135, 15 Participants
£50 (Day attendance)

Soul Quest

with Margaret MacDonald Kearney

& Skye MacKenzie

21-29 June

(starts Thursday evening)

Throughout history, people from diverse cultures have gone into the wilderness to fast, pray and meditate in order to attain higher states of awareness and clarity.

During this questing time at Anam Cara there will be the opportunity to seek solitude and re-discover ones true nature. Often, quester's come seeking answers to specific questions, or simply yearn for some 'quiet time' to reflect on life's journey.

Whatever the reason for undertaking this sacred rite of passage, you gift yourself the possibility of claiming back your own authentic power and discovering a sacred space that is unique, self healing and universal.

There are three phases of Initiation:

- **Severance:** 2.5 days preparing, through shared ritual, journey and Sweatlodge Ceremony.
- **Threshold:** 3 days and nights fasting, alone in nature.
- **Re-integration:** 2.5 days grounding the threshold phase - preparing to step back into society by exploring the teachings of the Quest, through silent witnessing and sacred ceremony.

Whether visions, insights or clarity around personal direction and life purpose are revealed, the Quester will return to the world re-vitalised, with a new sense of stillness and wonder that nurtures the soul.

Cost £330, 9 Participants

Simply Living, Living Simply

with the Anam Cara Community

2-8 July

(starts Monday evening)

Join the Anam Cara community for a week of simple living.

Our time together will include communal work periods plus a range of interesting, practical and joyful activities as a shared experience.

What's on offer during this fun-filled week?

- Construction of a clay oven
- Preparing and baking a range of bread types in the oven
- Observation and discussion of simple building techniques employed at Anam Cara
- Demonstration and participation in our permaculture, vegetable and soft fruit garden and gathering wild food
- Opportunity to share Chi kung and Tai Chi practices with community members
- A range of therapies including Reiki and massage (offered at an additional charge)
- Open invitation to use the facilities for personal practise of yoga etc.
- Bespoke entertainment in many guises
- A day's guided walking in the local hills
- Daily meditation practice
- Plus a variety of work detail all with a strong sense of communal fun!

Lots of possibilities, all of them entirely optional, so you are also free to just be!

Cost £250, 12 Participants

Balancing Body & Mind

Zazen & Talks on the Buddhism of
Zen Master Dogen

with Michael Eido Luetchford

12-15 July

(starts Thursday evening)

Modern life pulls us in many directions, often causing stress and worry.

Put yourself back together again and let your busy mind settle for three days in peaceful surroundings. Join us for a weekend of Zazen, the practice of balance.

The retreat consists of alternating periods of practice and study, with ample free time to explore the walks around Anam Cara.

Periods of Zazen practice are interspersed with talks and open discussion on Buddhism and its relevance to modern life.

The weekend is suitable for experienced practitioners and beginners alike.

*"To know the self is to forget the self.
To forget the self is to be whole with everything in
experience. To be whole with everything in
experience is to let go of my body and my mind,
and to let go of the body and mind of the world."*

- Zen Master Dogen

Michael Eido Luetchford lived in Japan for over 20 years, studying and practicing the teachings of Zen Master Dogen, founder of the Soto School of Zen Buddhism.

Based in Bristol, he now runs the Dogen Sangha Buddhist Group. More information can be found at www.dogensangha.org.uk

Cost £210, 15 Participants

Introduction to Permaculture

with Gina Bates

27-29 July

(starts Friday evening)

This course looks at Permaculture in detail and applying the principles, techniques and ethics into our everyday lives.

By enhancing our awareness of the natural world and our place within it we will create a deeper understanding of natural systems.

In emulating the harmonious creativity found in nature we can slowly move towards a more sustainable world.

Course topics include:

- Exploring co-creative deep ecology.
- Discovering The Ecological Self.
- Accepting our individual impact on planetary resources.
- Walking in foresight towards sustainability.
- Re-joining the web of interconnectedness.
- Enhancing the art of observation.
- Cultivating Biophilia and Biognosis.
- Creating edible ecosystems.

Participants will experience 'a hands on' practical approach to permaculture and gain insight into the wonderful world of connections.

Gina has lived and breathed permaculture for the last 30 years most of which without even knowing it had a name. A strong passion for nature and its intricate interconnectedness, her aim in life is to reconnect people to the earth and the beauty of living simply. She lives in Sutherland on a remote hill where she grows her own food.

Cost £175, 15 Participants

The Highland Summer Retreat

with Aloka

7-9 September

(starts Friday evening)

The DharmaMind Buddhist Group invites all dharma practitioners to our Highland Retreat at Anam Cara.

Through the all embracing inclusiveness of meditation and daily-life living that characterises the practise of our group, you will be introduced to the traditional Mahayana training that leads to stillness and liberation from the wheel of samsara.

For those participants wishing to extend their stay, we are happy to offer the opportunity to remain at Anam Cara for a further two days. Accommodation is offered on a self-catering basis with all food provided. A daily charge of £30 is requested.

Participants are free to use the facilities for further meditation practise with an open invitation to join in on any work activities at the centre, or simply to explore the beauty of the surrounding countryside.

The retreat will be led by **Aloka** who is leader of the group and author of several books on dharma practice. Please visit the group's website www.dharmamind.net to get more background information on the group's practice.



Cost £175, 15 Participants

EarthSpirit – Restorative Retreat

with James Philip

5-7 October

(starts Friday evening)

Relax and restore as we develop new healthy relationships with Mother Earth and ourselves.

In this gentle retreat let us enjoy communion with spirit, indoors and outdoors; in groups, pairs and individually.

We will....

- Deepen our natural co-creation with power animals, spirit guides, devic spirits, nature spirits & little people.
- Journey into the lower world for healing & teaching from the guides.
- Learn a new energy tool for deeper grounding and healthier energetic relationship with the Earth.
- Enjoy group healing & channelled guidance to enhance our natural relationships with Mother Earth; our own female aspect and birth mother.
- Enjoy the opportunity for body massage (additional fee); gentle physical exercise and free-time outdoors in the nature.

*"The deeper the roots
the higher & healthier the branches"*

James Philip is an experienced spiritual medium, healer and channeller, and founder of 'Celestial Earth'. See www.celestialearth.org for more detailed information.

See www.anamcara.org for details of optional course extension beginning Sunday evening until noon on Monday 8th.

Cost £175, 15 Participants

Swedish Woodcarving

with Willow Lohr

2-4 November

How would you like to step back in time and sit around a campfire, carving and whittling, listening to a spell-binding story or two? In your hands the shape of a spoon or bowl slowly emerges from fresh, fragrant wood.

Native people took pride in making their own utensils and their skill is evident in the beauty and simplicity bestowed upon their work.

Whether you have ever carved anything from wood or not, this workshop will teach and enable you to become a confident woodcarver with only the basic and simple tools at hand.

Amongst other things, we will aim to make a traditional Swedish Kuksa bowl/cup. You will be guided through selecting suitable materials, different carving techniques, knife safety and sharpening and decorative chip carving. A quality craft knife will be yours to keep.

Previous participants have found this woodcarving workshop to be very relaxing and highly addictive, so some advanced places are available!

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Willow has been a professional instructor of survival and wilderness living skills for nine years, specialising in Neolithic and traditional crafts and working for two of the most prestigious bushcraft companies in the UK.

She has travelled among the wilderness and cultures of the remote winter grounds of Northern Maine and within the Saami Arctic territories. Her particular expertise is tanning furs and leather and all the craft work associated with these materials

Cost £145, 12 Participants

Saami Bags of the Reindeer People

with Willow Lohr

8-9 December

The Saami Reindeer People are the last remaining Nomadic People of Europe. Their Reindeer grounds range across the Northern Arctic reaches of Scandanavia. Almost all their needs were met by their Reindeer herds. The Saami are renowned for the exquisite craftwork both in woodcarving and leatherwork.

During this workshop we will handcraft a leather and fur trimmed Saami bag, which is beautifully made up of different and contrasting panels. The bags are symbolically decorated with meaningful bones, beads, teeth and claws.

These bags are beautifully different and are sure to inspire all those who see it.



Cost £150, 10 Participants

Yoga Teacher Training

with Zen Master Daizan Skinner

20 Aug-3 Sept

All enquiries for this training course, including costs, should be directed to the trainer.

Zen Yoga, emphasizes physical alignment, the flow of energy in the body and the application of mindfulness or non-judgemental attention to the body.

Zen Master Hakuin taught that Buddhas are like water and ordinary people are like ice.

Mindful attention is like the sunlight melting away the frozen places in the body. As things open up on the physical level, many other levels open up as well.

Zen yoga teachers are working in The UK and Europe as well as Asia and America and this course fulfils the internationally recognized Yoga Alliance requirements for a 200-hour professional yoga teacher certification. Enjoy a new career or a highly productive sideline.

The course will be taught by Zen Master Julian Daizan Skinner and an assistant Zenways teacher to be announced.

The course is bootcamp-style and very intensive. Two years experience of yoga or related disciplines is a pre-requisite.

For more details and teacher biographies visit www.zenways.org.

Daizan

daizan@london.com

07904 319952

Workshops and Training Courses in Shamanism with Twobirds

All the workshops are fully residential. A non-refundable deposit of £50 is required to secure a place.

Twobirds is a qualified shamanic practitioner with thirteen years of experience.

She is the co-founder of the Anam Cara Retreat Centre where she works full time as a shamanic practitioner and as a teacher of the Ancient Ways.

She is the founder of the School of Mystery Medicine 'ROOTS', and was ordained in 2008.

In addition to her courses, she offers individual treatments, drawing from a range of shamanic healing practices to suit the circumstance.

For detailed information and appointments, contact *Twobirds* at Anam Cara.

If you would like to receive individual treatments with other practitioners in your area, please check the shamanic practitioners listing on the Roots website www.shamanismroots.org.

THE QUEST

Retrieving personal power through the ancient shamanic practices of the Toltecs One year course

Everything we do requires energy; much of this energy is consumed in the routine acts of our daily lives most of which are determined by learnt behaviour from the past. Thus most of the energy expended in ordinary life is invested within the confines of the known, leaving little left over for the exploration of the unknown.

A large part of our personal energy is spent on activities related to emotions and to self-importance that go far beyond vanity alone. Self-importance is the particular form in which our ego assembles and maintains its reality for its own self-confirmation and to convince itself it is real, keeping us chained to a conditioned form of being. This confined expression can however, be interrupted or suspended entirely, opening unlimited possibilities in what we can be or do.

The goal of this course is to achieve a 'deliberate movement of the assemblage point' – meaning to perceive another, practically limitless aspect of reality in which the confines of our way of being, acting, and feeling – determined by personal history – vanish. This presents the opportunity to reinvent ourselves and to discover mysterious and unknown facets lying hidden in remote corners of our being.

Once recovered, these can be integrated into a new way of living and acting in the world of

everyday affairs, with new resources formerly considered out of reach.

This highly experiential journey will consider a rich spectrum of themes pertaining to the 'Quest' including:

- exploring the origin of personal power
- the spirit of the warrior as companion for the journey into the unknown
- creating inventories of energy expenditures leading to an alternative way of using energy impeccably – known also as 'the seal of the warrior'
- the art of stalking and its practice
- releasing the chains of the past through recapitulation as a path to personal freedom
- applying the 'not-doings' of the personal self, to de-structure the ego and escape the imprisonment of 'description'
- shamanic practices related to erasing issues of self-importance, destructive emotional patterns and self limiting aspects of our personal history
- accessing the separate reality through 'stopping the internal dialogue', the key to the door between the worlds.

This course provides an in-depth unique personal journey, as well as a training programme in the Toltec teachings. It is limited to 16 participants and will consist of three six-day residential gatherings with a programme of suggested practices to be undertaken at home.

Cost: £1020 fully residential

The course starts in December 2012 and concludes in September 2013, with each gathering starting on Friday evening and finishing on Wednesday afternoon:

30 November-5 December – 12-17 April – 13-18 September

The 'Ancient Ways' or equivalent is the pre-requisite for this course.

For details of application, please contact Twobirds at Anam Cara.

Ancient Ways

Introduction to Shamanism

There are two opportunities to undertake this workshop

12-13 May &
4-5 August

Shamanism is the most time tested mind/body healing method that we know of today dating back at least 40,000 years. It was practised in all five continents including the Celtic and Pictish peoples of ancient Britain.

Through the use of these ancient ways, participants will be initiated into 'shamanic journeying', a remarkable visionary method employed to access other realms and discover individual spirit helpers and teachers. We will explore a variety of methods on how the shamanic journey can be used to restore spiritual power and health, plus its application in daily life not only for the self but for other individuals, communities, the land and its inhabitants.

Focusing on the shamanic journey, this experiential weekend workshop will introduce the basic principles of cross cultural core-shamanism including:

- introduction to shamanism & shamanic drumming
- finding and working with your personal spirit helpers and teachers
- introduction to shamanic healing
- shamanic divination as a means to deepen your connection with nature and the elements
- teachings of the medicine wheel
- participation in a 'community healing'.

This workshop, or equivalent, is the pre-requisite for 'Ancient Ways – Timeless Practices' and 'The Quest'.

Cost £145, 16 Participants

ANCIENT WAYS – TIMELESS PRACTICES

One year training course in cross-cultural Shamanism

This course will embrace a rich variety of healing methods and ceremonial practices. It should be seen as an undertaking requiring commitment and a willingness to confront issues on what will be a powerful personal journey.

The aim is for each participant to awaken their own personal gifts and talents allowing them to merge with the healing methods and knowledge the course will provide. Confidence will rise as individuals, challenged by personal limitations, begin to emerge as independent workers of the ancient ways dancing their dreams and empowered to act.

By undertaking this journey as a group, we will tap the dynamic energy of community effort, ever increasing the quality and depth of working within the realms of spirit.

The course is limited to 14 participants and will consist of four six-day residential gatherings at Anam Cara with a programme of supervised practice to be undertaken at home.

The course covers the following main subjects:

The Garden of Soul

This healing method establishes direct communication between the individual and their illness/condition, nurturing a deep and intimate relationship where transformation can take place.

Extraction Medicine

The ancient healing art of 'extracting spiritual intrusions' from a person's body and energy field will be introduced in a safe way for both client and practitioner.

Soul Retrieval

'Soul loss' occurs mainly through experiencing trauma. We will explore in detail the causes of soul loss, how to retrieve lost soul parts, and the effects of a soul retrieval on a client.

Psychopomp and Death as our Ally

Part of our journey together will be dealing with the issues of death. This includes the method of 'psychopomp', a Greek term meaning 'to lead the soul', helping earth bound spirits to cross over to the lands of light

The Ancestral Realms

Practices are introduced to explore our origin as we journey back in time to our ancestors and the teachings they carry for us today.

Earth Skills

To complement the spiritual aspects we will expand our understanding of the natural environment through the application of a range of bush skills employed both for ceremonial and practical purposes.

Mask of Power

We operate in the world through an infinite number of personas that represent our beauty or that cover aspects that we wish to hide. The use of masks allows us to study our souls both within the sacred Dreamtime and within our everyday reality.

Ceremony, Ritual, Sacred Rites of Passage, Group Healing Work, Healing Dances & Teachings of the Medicine Wheel will be employed as essential tools throughout the duration of the course.

This course fulfils the necessary requirements to work as a shamanic practitioner. With successful completion of the course, participants will receive a certificate.

The course starts in November 2012 and concludes in October 2013 (dates below).

For details of application to this course, please contact Twobirds at Anam Cara.

Cost £1270, fully residential, 14 Participants

The cost includes all tuition, most materials and supervision of work undertaken at home. The gatherings start on Tuesday evening and finish on Sunday afternoon:

**13-18 November – 19-24 March
23-28 July – 22-27 October**

The 'Ancient Ways' or equivalent is the pre-requisite for this course.

ROOTS - School of Mystery Medicine



Over the past few decades, Shamanism is re-awakening in our Western society and we are witnessing an ever growing population of initiated shamanic practitioners. ROOTS has been established, not only to provide a network for practitioners, but to act as a storehouse of knowledge compiled by members through direct experience. Traditionally, the Shaman fulfilled many roles such as: Keeper of the tribal lore, Healer, Prophet, Diviner, Herbalist, Storyteller, Ceremonialist as well as Ambassador to and Interpreter of the Spirits. Interpretation of this role, within the context of Western culture, is the fascinating challenge that lies before us.



Healing Circles 3 Day Training Course 9-11 June

This training is designed to deepen our relationship with healing circles.

We will explore the interwoven components of this ancient healing art and develop an understanding of the scope and effectiveness of the practise.

But perhaps the most important function is to build a strong personal confidence in its application, which will allow participants to set up their own healing circles in their communities and to offer them as a service to others during the Roots gatherings.

This advanced training course is designed for those who have undertaken the One Year Course in cross-cultural Shamanism, or an equivalent training that covers the main shamanic healing methods.

Cost: £130-£145

In order to minimise fees for this event, participants are requested to bring food, which will be prepared and shared communally.



Please note: the sliding scales for the costs are due to the different types of accommodation – single room, shared accommodation, and camping (in June only).

In order to enhance and nurture the social aspect of this growing community, participants are most welcome to arrive earlier or to stay on after the events on a self-catering basis including a suggested donation of £10 per night for accommodation.

Annual Gathering Harmonizing with the Earth 13-17 June

With spirit as our guide, we will continue to explore a broad spectrum of shamanic practises, ritual and ceremony in pursuit of our goal to harmonise with the earth.

Cost: £200-260

A £50 discount is available to those attending the Healing Circles Training Course. You are cordially invited to stay at Anam Cara for the two days in between the gatherings on a self-catering basis with a suggested £10 accomodation donation fee.

Autumn Gathering 11-14 October

The theme for this gathering will be decided communally at the Annual Gathering in June.

Cost: £160-180

There is a £50 discount for those who have attended both the Healing Circle Training and the Annual Gathering in June.

Detailed information on Roots and the individual events can be found on www.shamanismroots.org
Roots is open to all levels of experience, with a minimum requirement of participation in an introduction course to Shamanism such as the Ancient Ways.

Working Retreats at Anam Cara

with Alastair Cunningham, Margaret Kearney & Dominic Andrews

Time for Trees

24–31 May

(starts Thursday evening)

The first week will follow our established programme, which, as in previous years involves the propagation of native tree seedlings from locally selected seed.

The work is light, simple and good communal fun. We work a seven hour day which will include a daily awareness practice in the form of a silent period of mindfulness.

Additionally participants are invited to attend a formal meditation practice each morning and evening.

No previous experience of meditation is necessary.

As in previous years we will incorporate a day off during the week for just chilling out, with the option of a days guided walk in the local hills as well as various optional activities on most evenings providing participants with an uplifting, varied and enriching week.

Full board and accommodation are offered in exchange for labour.

No Charge, 12 Participants
Refundable deposit of £50 required

Quiet with Trees

31 May–7 June

(starts Thursday evening)

Following on from Time for Trees, this retreat has a significant meditation component incorporated into the working day, arranged around alternating periods of work and meditation sessions.

While the retreat timetable is set, individuals have the option of finding their own level of meditation practice with support offered during a Sanga gathering each evening.

The week is geared around being quiet, contemplative and supportive with a gentle routine of regular meditation worked around the delight of pricking out and planting native tree seedlings – almost a meditation in itself.

No previous experience of meditation is necessary and participants are free to undertake any other related disciplines during the meditation periods with yoga mats and blocks available for use.

A minimum of three hours tree nursery work per day is requested.

Given the reduced work hours and emphasis on meditation practice, there will be a charge for this week.

Cost £100, 12 Participants

Autumn Workings

21–28 September

(starts Friday evening)

September is another busy month on the land, the main activity is the packing up of this year's tree seedlings, however there are a number of outdoor jobs principally in the garden as we prepare for winters dormancy.

We are looking for people to help with these activities, offering food and accommodation in exchange for labour.

We will be working Friday to Thursday with a day off mid week with the offer of a guided walk in the hills.

We will also have several evenings of communal events to lighten the 'spirit' plus the option of a morning and evening meditation.

The facilities at Anam Cara will be available for personal practice of meditation, yoga, and related disciplines.

As with Time for Trees, we are keen to promote a period of mindfulness during the working day.

Full board and accommodation are offered in exchange for labour.

No Charge, 12 Participants
Refundable deposit of £50 required

Day Workshops

For all day events, participants should book **directly with the trainer.**

Magical Awakening

with James Philip

15 March

Magical Awakening is a powerful modern energy healing & awakening system based on the ancient Celtic mythological concept of the Three Cauldrons. This practitioner training offers you an empowerment to activate all three of these energy cauldrons, and learn how to use Magical Awakening on yourself, for healing others, animals and the Earth. See www.magicalawakening.org

Cost: £70 11.30am–5pm

James Philip: 07958437038

jamesphilip@hotmail.com

Family Constellations

with Diana Grell

18 August

During growing up we have a need to bond, belong and achieve equilibrium. Later on this becomes a necessity in the relationships we form as adults, but it will be influenced better or worse by these earlier experiences. The work sheds light on our unconscious entanglements with family members and other people's lives.

Cost: £65 10am–5pm

Diana: 01309-691266

dianagrell@hotmail.com

Lemurian Healing

with Elizabeth Harley

29 September

Lemurian healing energy is a wonderful pure, flowing vibration. The Lemurians seeded the earth with crystals programmed to hold the highest vibration for us now. Learn to attune to this amazing healing energy, the cosmic heart & unicorn energy to send powerful healing to the earth, to groups, situations and yourself.

Cost: £60 11am–6pm

Elizabeth: 01343 830052

elizpeace@live.co.uk

Non-Violent Communication

with Arun Sharma

11 March & 23 Sept.

The morning will introduce the 'Non-Violent Communication' (NVC) model based on Observations, Feelings, Needs & Requests. The afternoon will offer more opportunities to practice. NVC can help with handling emotions, resolving conflict and enhancing relationships. Please visit www.cnvc.org/learn/nvc-foundations.

Cost: £30 All day, £15 half-day 10am–5pm

Arun Sharma: 0771 969 6704

arun.sharma1605@gmail.com

Day of Iyengar Yoga

with Fiona Sarjeant

19 August

This general level workshop is suitable for those with one year's practice of Yoga and will include work on standings, forward bends, back bends, inverted work plus variations and some relaxation and Pranayama – a good all round practice. Fiona is an Intermediate level Iyengar teacher with over 25 year's practice. She teaches in and around Inverness. Visit yogainverness.co.uk for further information.

Cost: £40 10am–4pm

Fiona Sarjeant: 07761 628949

Creativity through Sound

with Craig Dickson

30 September

The vibrational tones of the didgeridoo will create a deeply relaxing space, in which the group can explore and discuss creative blockages. We will play with sacred geometry, mandalas and our own creativity. Please bring food to share, a blanket and any art materials which are not being used to their full potential.

Cost: £45 (Concession £30) 10.30am–5pm

Craig: 07851 997504

craighowedickson@googlemail.com

Biodanza – Dance Of Life

with Karen Luedtke

5 May

Biodanza celebrates life! Simple exercises with the objective of dancing freely connect us to our emotions and joy of being alive. Through music and movement, we stimulate our inherent vitality, sensitivity, ability to relate with affection and a deep sense of community. As our unique dance emerges, we dance our lives!

Cost: £40 10.30am–5pm

Karen Luedtke: 01309-678020

kbl2009@live.it

Holistic Therapies & Counselling

with Margaret Kearney

Margaret is a qualified holistic therapist and intuitive spiritual counselor, who works with vibrational medicine and sound therapy to help individuals access and release deep seated patterns from the physical, mental and emotional body.

*For more information, or to book an appointment, contact Margaret at
Anam Cara.*

Weekly Meditation

DharmaMind Meditation Group

Every Wednesday

7.00-9.30pm

Contact Anam Cara (01463) 711702

How to make a booking:

For day events, book directly through the trainer.
To reserve a place on residential courses, simply fill in
the booking form and send it with a non-refundable
deposit of

£50 for workshops and retreats

to:

Anam Cara
Upper Leachkin
Inverness
Scotland
IV3 8PN

(cheques made payable to Anam Cara)

Additional booking forms can be downloaded
from our website www.anamcara.org

Timing of workshops

Residential workshops start at 10am unless specified
otherwise. Those workshops with an evening start will
begin at 7.30 p.m. with the option of a welcome supper
at 6 p.m.

Accommodation is available for participants wishing
to stay an extra night before or after the events.
Suggested donation £15 per night.

01463-711702

welcome@anamcara.org

ANAM CARA

Booking Form

I would like to take part in the following workshop(s)/retreat(s)

Title of event	Date	Deposit	Outstanding Fee

I enclose a non-refundable deposit of: £ _____
(residential workshops & retreats £50)

I enclose the full payment of: £ _____
(All cheques made payable to 'Anam Cara')

For events starting in the morning:

I will arrive – the evening before the morning of the event
Suggested donation per extra night: £15.

NAME _____

ADDRESS _____

✂ POSTCODE _____

TELEPHONE _____

E-MAIL _____


How did you hear about us? _____

Additional information about the workshops will be sent
out to you once we receive your booking form.

For any further information contact us on
01463-711702, welcome@anamcara.org
or check our website www.anamcara.org

Please return this completed booking form with the deposit to:
ANAM CARA, Upper Leachkin, Inverness, IV3 8PN

Please specify special dietary requirements
on the back of this form.



Over every mountain there is a path,
although it may not be seen from the valley.

CALENDAR OF EVENTS 2012



MARCH

- 11 Non Violent Communication
- 15 Magical Awakening
- 16-18 Finding Your Wings – Intuition & Healing Retreat
- 20-25 Ancient Ways – One Year Course

APRIL

- 6-8 Deer Medicine & Eagle Medicine Sweatlodges
- 13-18 The Quest
- 19-23 Tools To Strengthen The Will
- 26-31 Crossing Over The Rainbow Bridge

MAY

- 5-11 Spirit Of The Mountain
- 5 Biodanza – Dance Of Life
- 12-13 Ancient Ways
- 18-20 Nature's Song
- 24-31 Time For Trees

JUNE

- 31.5-7.6 Quiet With Trees
- 9-11 Healing Circles
- 13-17 ROOTS – Annual Gathering
- 21-29 Soul Quest

JULY

- 2-8 Simply Living
- 12-15 Balancing Body & Mind
- 17-22 Ancient Ways – One Year Course
- 27-29 Introduction to Permaculture

AUGUST

- 4-5 Ancient Ways
- 18 Family Constellations
- 19 Day of Iyengar Yoga
- 20-3.9 Yoga Teacher Training

SEPTEMBER

- 7-9 Highland Summer Retreat
- 14-19 The Quest
- 21-28 Autumn Workings
- 23 Non Violent Communication
- 29 Lemurian Healing
- 30 Creativity Through Sound

OCTOBER

- 5-7 Earth Spirit – A Restorative Retreat
- 11-14 ROOTS – Autumn Gathering
- 23-28 Ancient Ways – One Year Course

NOVEMBER

- 2-4 Swedish Woodcarving
- 13-18 Ancient Ways – One Year Course
- 30-5.12 The Quest

DECEMBER

- 8-9 Saami Bags of Reindeer People



Anam Cara, Upper Leachkin, Inverness, Scotland. IV3 8PN
Tel: 01463 711702 welcome@anamcara.org www.anamcara.org