You are invited to join a closed group of men in the beautiful woodlands at Ffwrdgain or Cilgerran

You will explore your relationships with self, others and life by drawing on the characteristics of different trees we find in the woodland, identifying with their strengths and perhaps how we might draw in other qualities we need to enhance our lives.

We're offering a one day a week, six week experience. We will meet and check in how we are around a fire. We might talk a little about different stages of our lives, before exploring the woods to find natural objects which somehow relate. On our return to our camp we may share a little more about what we have found.

We will explore the qualities of trees that grow in the woodlands and talk about which we most relate to and others we'd like to be more like.

Dean will help us carve our own seeds for change. We will add to it each week and talk about the changes we'd like to make in our lives.

We will help keep the fire and cook a shared lunch, after which we will talk a little more about ourselves and experience of being in the woods.

We will get to know the trees in the woodland and seek ways of drawing on nature to enjoy our lives more fully. Trees grow together and our group will become rooted and connected.

In the last week, you will finish carving your seed for change and plant a tree in the woodland.

For further information contact Fred Luckman on 07577117967

or email

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