



## It's a matter of life and death

**An experiential workshop based in Marsden, West Yorkshire**

**on 9<sup>th</sup> – 10<sup>th</sup> December 2017**

**Facilitated by Neil Jordan; Workshop fee £150**

*“...when it’s over I don’t want to wonder if I have made of my life something particular, and real...I don’t want to end up simply having visited this world”*

(From Mary Oliver ‘When Death comes’)

What would you like your epitaph to be? Do you want to have just visited this world or do you want to have made something real of your life?

In this workshop we will explore the circularity of death and life, how one can't possibly exist without the other. By fully letting in the temporary nature of life, the fact that everything will come to an end, including our own lives, we can develop our capacity to savour the preciousness of each moment and hence the sheer pleasure of being.

We will spend time in the outdoors at this time of year when nature is dying off so the natural world will be our guide in supporting us in moving towards a place of accepting that death is a fact of life. Even though we will be in the outdoors fitness is not a prerequisite – we will be spending time slowing down in, and connecting with, nature rather than moving through it.

In this workshop we will explore:

- **How we can engage more fully with the evolutionary cycle of birth, growth, death, decay and re-birth**
- **our personal experience of the ageing process whatever our age**
- **practices that help us integrate death into our daily life**
- **how our relationship with nature can support us in opening up to the circularity of death and life**

**Neil Jordan** – Having been brought up on a farm I have always been closely connected with nature and with death as part of the natural cycle. Over the last number of years I have more fully integrated nature into my client work. I am a UKCP Registered Psychotherapist and have worked as a Psychotherapist and Counsellor for the past 20 years in a variety of settings including working in a hospice with terminally ill patients.

**For Further information:** email [neiljordan123@aol.com](mailto:neiljordan123@aol.com) or call 07970829391 or go to [www.natureconnect.org.uk](http://www.natureconnect.org.uk)