

BRINGING DEATH TO LIFE



**An experiential workshop based in Marsden, West Yorkshire
Running Friday 1st June – Sunday 3rd June 2018**

Facilitated by Neil Jordan; Workshop fee £225

“He... is glad who accedes to mortality...as the sea...in its surrendering, finds its continuing”
(From Marianne Moore ‘What are years’)

Built into all experiences, places, people and things is a lifespan. Life is committed to variety and new growth and that comes with the price of endings. But in our culture we avoid looking at the reality of death. We act as if we were unable to handle it. Yet, we come equipped with an organic inner capacity for dealing with losses and endings, including our own death. The fact that we are born with the capacity to grieve tells us we were meant to face and manage losses and endings. This helps us to age gracefully acceding to the withering alterations and in doing so we can then re-locate our focus on dancing with the flow of life, something that ageing makes us ready to find and share.

We will do a range of experiential exercises each day with some time spent alone, some time in small groups and some in the whole group. Each individual will be encouraged to assimilate their learning/growth experiences in ways that suit them best.

We will spend some time in the outdoors at this time of year when nature is coming into full bloom. Even though we will be outside 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 deny the feelings that life’s conditions, especially mortality, arouse**
- **How we can find in impermanence the grace of flowing with life**
- **How letting go of hopes and expectations helps us honour the here and now without the distractions of fear and desire**
- **How facing life’s unavoidable truths, especially our own mortality, helps us find the grace to love no matter what happens to us.**
- **How nature shows us the way as it easily brings forth and lets go**

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. In recent years I have been in a process of integrating both death and nature into my life and my work. I am a UKCP Registered Psychotherapist and have worked as a Psychotherapist and Counsellor for the past 20 years.

For Further information: email neiljordan123@aol.com, call 07970829391 or go to www.natureconnect.org.uk

