

Grounded, Revitalised, Refreshed 11-13 July 2014

Further information

Based at Marsett Bothy, in the heart of the Yorkshire Dales, we will spend the majority of time out in the open air, therefore allowing the nourishment of the natural elements to infiltrate. We will be drawing on this inspiration to gain insights into ourselves and our lives – combined with creative and reflective activities.

Over the course of the weekend there will be opportunities to work individually as well as collaboratively. Some activities are based on the work of Steve Mitchell - a dramatherapist who leads outdoor groups - creating rituals that enable participants to get in touch with their intuitive selves and find wholeness (he is well respected for his outdoor work called the Dramatherapy Venture Project).

This weekend retreat aims to offer participants a therapeutic weekend / as opposed to therapy. As dramatherapists, however, we will be facilitating, supporting and holding the activities, which have been carefully crafted to provide therapeutic, creative and healing opportunities for all.

Accommodation

The Bothy is old, beautiful and rustic. If you drive you will need to leave your car in the nearest hamlet Marsett - which is about a 5 minute walk to the Bothy - and along a stone track.

We advise you to travel as light as you can. The sleeping arrangements consist of two separate rooms each with a 'sleeping platform' in the style of a bunkhouse. Please bring a sleeping bag. There is also a well kitted out kitchen and hot showers. However, there is no electricity – cooking and lighting is provided by gas!

Please note mobile phone reception at Marsett is unreliable (for some this will be a Godsend but remember that contacting people during the weekend may be difficult!)

For information about Marsett Bothy go to <http://www.lowmill.com/marsett-bothy.html>

Food

We will be jointly cooking our own meals – participants can volunteer to help prepare the evening meal on Saturday evening if they wish. All food will be bought before the start of the weekend - please refer to booking form for any dietary requirements we need to be aware of.

Travel

By Train

The nearest train station is Garsdale (on the line from Leeds), which is roughly 15 miles from Marsett Bothy. Taxis can be hired from Hawes to meet your train. On the Friday the 'Little White' bus service operates from Garsdale to Hawes (On Sundays the service is not so frequent).

<http://www.dalesbus.org/LWB.html>

If you catch the 14.49 from Leeds on the Friday you will arrive at Garsdale at 16.16. If you get the 16.20 Little White Bus Service you will arrive at Hawes Market Place – Market House at 16.40 – where we can meet you (give us plenty of notice). We may be able to drop you off at Garsdale on the Sunday to meet the 14.08 train (arriving in Leeds at 15.44) – these times are correct at going to press.

By Car

Leave your car at Marsett hamlet. For directions to Marsett Bothy go to http://www.lowmill.com/group-courses/downloads/cat_view/48-marsett-bothy-downloads.html

Arrivals

You are welcome to arrive from 4pm on Friday – the programme to start at 6pm that Friday evening, and end at 12 midday on Sunday.

If you need to contact us: our mobiles are – John: 07985 900935 and Eva 07905 106360