

WEBSITE: Communing with our tree archetypes Sept 20th

This is a workshop to develop our awareness of tree archetypes as valid aspects of our soul life. Jackie has been developing a year-long series of tree meditations from the Ogham calendar (an ancient tree calendar) that has provided her with fresh insights into the spiritual realm the trees reside in. Through activities she shares that are simple to replicate we are encouraged to develop our own means of communing with trees as tree archetypes.

This uses the healing power of sound, poetry, visualization. Gaia Touch Yoga, meditation, and creativity to bring us in closer communion with trees.

Basing the day on the holistic vision of the Druids in relation to trees, we renew our connection with nature through many mindful exercises, and enjoy sharing our experiences and learning from our tree friends.



Playing music for the tree!

As part of the workshop we will visit some of the many trees in the beautiful grounds of our hosts Maggie and Duncan Keppie. Then we are invited to select our own tree and enjoy a personal interaction.

Jackie will have individual tree essences from the tree series and booklets with her on the day for you. These are reasonably priced.

HALF THE PROCEEDS FROM THE JOINING FEES GO TOWARDS TREE CHARITY (TBC)

14 participants only

Communing with the Tree Archetypes

**Tuesday 20th September Grand Pre 1p.m.- 5.30 p.m.
\$20 (half proceeds to tree charity)**

Jackie Queally from Ireland (and previously Scotland) first studied the Celtic Tree calendar, based on runes known as the Ogham, in 1999 when she ran a poetry trail for the Edinburgh Fringe Festival. She perceives the tree archetypes from an energetic viewpoint.

In this workshop you will learn how this ancient tree calendar was an invitation for the soul to evolve. We visit trees in the grounds of our hosts Duncan and Maggie Keppie, and then select our own native tree to tune into individually.

Basing the day on the holistic vision of the Druids held in relation to trees, we renew our connection with nature and in particular the trees through a variety of mindful exercises, and can enjoy sharing our experiences and learning from our tree friends.

Experience the beneficial power of toning, poetry, visualization, Gaia Touch Yoga, meditation, and creativity to bring us in closer communion with trees.

Register with Maggie Keppie 902-542-5320 or email
<mkeppie@hotmail.com>

\$20 Workshop Fee payable on site from 12:30 p.m.

Workshop runs 1 - 5:30 p.m. with refreshments part way through.