

# Work That Reconnects

retreat on Holy Isle, Scotland

26 — 30 August 2023

This four-day experiential retreat on the beautiful Holy Isle, will give us energy and focus to respond to the current challenges faced by our planet. The Work That Reconnects is a form of transformative groupwork and comprises of exercises, meditation, reflection, and discussion developed by Joanna Macy. It reconnects us with ourselves, each other and life on earth by providing tools and practices that strengthen resilience, open our hearts and build confidence to keep going.

An in-person retreat is a powerful way to connect more deeply with others who share our concerns, with the supportive guidance of experienced facilitators. We weave our way from gratitude into honouring our pain for the world, and then find new and empowering perspectives that inform our going forth. A previous participant summarised it as "healing, encouraging, thought-provoking, energising and fun!"

There will be time to roam the island alone or with others, and will include opportunities to practice mindfully being, through guided meditation, movement and music. The natural and nourishing beauty of Holy Island will help to inspire and strengthen our ability to keep moving forward with active hope and positive resolve.

**When:** arriving on 26 August 2023 for an evening start, depart on 30 August

**Where:** Holy Isle off the Isle of Arran, Scotland, KA27 8GB

**Course fee:** £225 / £150 / £100 depending on income (payable on booking) plus Holy Isle accommodation.

*"The central purpose of the Work That Reconnects is to help people uncover and experience their innate connections with each other and with the systemic, self-healing powers of the web of life, so that they may be enlivened and motivated to play their part in creating a sustainable civilization."*

—Joanna Macy



With:

**Sukhema (Larry Butler), Kristine Mackenzie-Janson and Ratnadevi** (see <https://workthatreconnects.org/facilitators/>)

**For more info and to book:** [www.livingmindfulness.net](http://www.livingmindfulness.net)