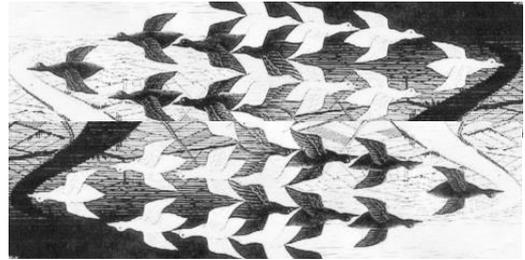


# Apprenticing to Grief



A residential workshop for those wanting to develop their ability to hold spaces for tending grief

*“In indigenous Africa, one cannot conceive of a community that does not grieve.”  
Malidoma Some, The Healing Wisdom Of Africa*

High Heathercombe, Dartmoor, 19 - 24 March 2019

For more information and an application form please contact :

Sophy [sophyb@btinternet.com](mailto:sophyb@btinternet.com) (or text 07913 555896) or Jeremy [landtime1@gmail.com](mailto:landtime1@gmail.com)

We invite you to join us in deepening into the mystery of grief tending – honouring grief as a teacher, a power for growth and evolution, and a source of healing and restoration for what feels broken in us and in our world.

Over five days we will work with practices and understandings from different traditions of grieving. We will explore how to open pathways into the landscape of grief, hold space there, and guide the journey back, integrating our experience so we can go forward in our lives in a good way.



*“The Ocean refuses no river” .. nature, singing, and beauty are resources that can help the opening and holding of grief*

This workshop is offered by facilitators based in Devon who have been running Grief Tending in Community workshops for over 7 years as well as many years holding grief spaces in other ways. We see more people stepping towards this work – both as participants and those wanting to facilitate spaces for grief.

Our core understanding is that grief is not something to be fixed or got rid of, but to be tended so that it helps us grow as healthy, responsive, vibrant and connected human beings.

We welcome applications from those already facilitating groups, and those wanting to step towards this role – whether to hold space specifically for grief, or to support grief to flow in different contexts. And you may want to deepen your own relationship with grief rather than wanting to hold others – this is also welcome.

## Practical information

Dates – Tuesday 19 March 3pm – Sunday 24 March 4pm 2019

Cost - £400 - £650 sliding scale includes accommodation in small dormitories and all meals.

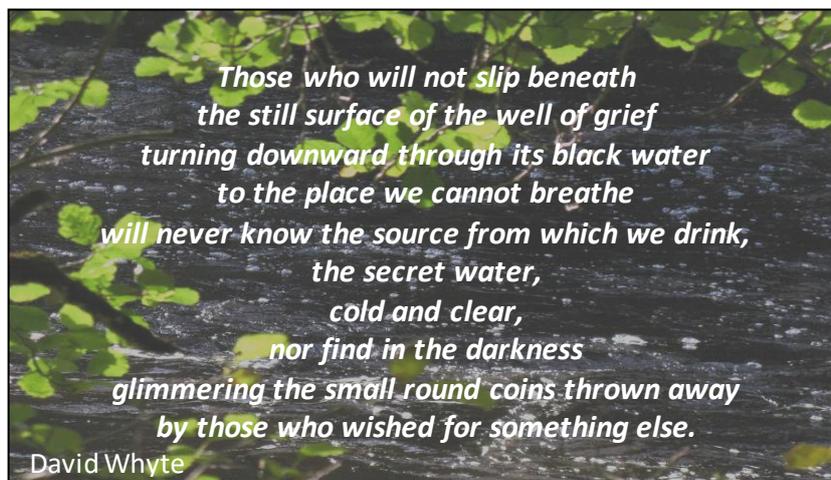
Bursary places and payment by instalment are available - please contact us for details

There is an application process for this workshop – your completed application form, once accepted, plus a deposit will secure your place.

## To Apply

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## Facilitators

### Facilitators

**Sophy Banks:** Sophy has worked as a therapist, family constellator and workshop leader. Her understanding of the importance of grief work started through attending workshops of Joanna Macy and Sobonfu Some and has continued through more recent work with Maeve Gavin. In 2006 as Transition Town Totnes was coming into being Sophy co-founded the "Heart and Soul" group, addressing the inner aspects of re-imagining and rebuilding resilient, local ways of living. As the global Transition movement came into life she taught people and groups around the world about this positive, holistic model for creating a vibrant future for everyone. Originally trained as an engineer and a keen footballer, in 2005 Sophy left the football pitches of Hackney Marshes and moved to Devon, where she grows vegetables and can still just about get up the hills on her bike.

**Jeremy Thres:** Founder of not for profit organisation Regenco, Jeremy's interest in regenerating and reintegrating Land, People and Spirit led him to be involved in wilderness oriented rites of passage work and it was within that that he first learned the importance of grief tending. Alone in the wilds he was able to release pent up grief held from many years before, and with that release something else could flood in. Internally though he was told he now had to learn how to do that with people, and it has been through this grief tending in community work that has most deeply made that possible. He found time with Martin Prechtel deeply inspirational in relation to this, as has been touching in with Malidoma, Joanna Macy and playing a support role and participating in work with Maeve. Community based grief tending has enabled the surfacing and release of layers of grief he didn't know he held. <http://regenco.wordpress.com>

### Links:

Sobonfu Some – indigenous teacher from Burkino Faso <http://www.sobonfu.com/>

Joanna Macy – creator of the Work that Reconnects for changemakers [www.joannamacy.net](http://www.joannamacy.net)

Frances Weller, teacher and writer about grief work: <http://www.wisdombridge.net>

Maeve Gavin, significant inspiration of this workshop: <http://wayofthevillage.co.uk>

Malidoma Some – <http://malidoma.com/main/>