

# Grief Tending in Community



*“Surrendering to your sorrow has the power to heal the deepest of wounds.”*  
*Sobonfu Somé*

**May 21 – 22 2019 at High Heathercombe, with Jeremy Thres, Sophy Banks and team**

A place to reconnect with ourselves and the land, our grief and our aliveness, to come together creating ritual space to honour and tend whatever is moving – or stuck – in us.

**This opportunity is for people who have experienced a weekend with us or who are familiar with ritual space, and used to opening strong feelings and returning.**

We will offer a mix of the processes we have shared on previous weekends, including the ritual with shrines, drumming and song - and anything new that is needed.

Our core time will be **Tuesday 21 May 10am to 8pm**, including a shared lunch and dinner together. Arrival from 9.30am. There is the opportunity to stay overnight for those who want extra time for integration together, **ending at 1pm on Wednesday 22<sup>nd</sup> May**. If you can find your way with this part in your own space we're open to you leaving at around 8pm on Tuesday.

**When:** Tuesday May 21 Arrive from 9.30 for 10 am prompt start to 8pm, or stay overnight to Wednesday May 22 at 1pm

**Where:** [High Heathercombe](#), Manaton, Devon TQ13 9XE

**Who:** A team of Sophy Banks, Jeremy Thres, Mel Lamb, Maria Holland, and Felicity Scott

**Costs:** £60-£110 sliding scale.

***For more information and a booking form contact:***

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