



Forest Therapy Guide Training Opportunities New Zealand Sept 29th to Oct 2nd 2016

COUNCIL OF THE WATERS AND TREES

This 4 day immersion programme shows us how to enter a threshold of renewed possibility for deepening our connection with the more-than-human world of nature through **Forest Therapy** and **The Way of Council**.

This is a highly recommended pre-requisite to the Forest Therapy Guide Training. Due to the innovative nature of this practice we highly recommend you come and experience Forest Therapy as a participant before stepping into training to guide this practice. This Forest Therapy immersion is a unique opportunity to explore the practice by being led by highly experienced guides while also deepening into the core element of The Way of Council.

Forest Therapy is the practice of sensory connection bringing us into intimate relationship with the more-than-human world and with each other. A series of guided invitations lead us into the present moment, opening the doors of communication with the forest, waters, and landscapes we explore. We encounter not just the forest, but through the many mirrors of nature we also encounter ourselves.

The Way of Council is a process of communication with ourselves and each other that supports a deepening into our experience. Through Council we discover the meaning of our emerging stories through sharing and being witnessed in circle. Council invites us to become more open with our own lives, and support each other as we move through our processes of learning, growing, grieving, and healing. Because it invites authentic expression, council can be quite intimate. Your facilitators will show how the form of Council can create space that is both vulnerable and safe.

Restorative Practices build on The Way of Council to create opportunities for exploring and healing relationships. In the Council of Waters and Trees we introduce **Aloha Ropes**, a restorative practice developed by our founder, M. Amos Clifford. Inspired by the Hawaiian tradition of Ho'oponopono and other sources, this practice deepens our relationship with the more-than-human world of nature. Through Aloha Ropes we will discover how the land can listen and speak to us, and through us give voice to its longings, wisdom and needs.

This 4 day journey will allow us to sink deeply into the **Medicine of the Forest**. Mornings will be spent immersing ourselves in the experiential practices of Forest Therapy. Afternoon Council meetings support the deep rooting of the medicine the forest has offered us. We will experience **Light touch Council** as it is used in Forest Therapy, as well as diving into the deeper practice and core skills of Council leadership through learning-by-doing.

Date: Thursday 29th September to Sunday 2nd October 2016

Venue: Aio Wira Centre, 8 Aio Wira Road, Swanson, Auckland

Cost: NZ \$780 (Special rate of \$600 for those also enrolled in Guide certification programme, Accommodation extra)

Further information: <http://www.natureandforesttherapy.org/council-of-waters-and-trees.html>



**Forest Therapy Guide Training Opportunities
New Zealand
Oct 8th to 15th 2016**

FOREST THERAPY GUIDE TRAINING INTENSIVE

Join the World's leading certification program in Forest Therapy

This 7 day intensive residential programme is the first step of the
Forest Therapy Guide Certification Pathway
It is followed by a 6-month mentored practicum

A **Forest Therapy Guide** facilitates safe gentle walks, providing instructions - referred to as *invitations* - for sensory opening activities along the way. These walks follow a *standard sequence*.

Each walk begins with establishing embodied contact with the present moment and place. Next come a series of connective invitations, often improvised in the moment and adapted to the needs of participants.

These may be followed by wander time and/or sit-spot time.

The walks end with a ceremony of sharing tea made from local foraged plants.

Forest Therapy walks are not hikes in the traditional sense. An entire walk is typically 2 to 4 hours in duration and often covers no more than a half km distance. In that short distance most people experience contact with nature in a much deeper way than they may ever have prior to the walk.

On Forest Therapy walks, people have a wide range of experiences, some of which they feel are significant, even profound.

Guides are trained in the skills and perspectives needed to be supportive witnesses of these experiences.

During these walks people experience the therapeutic power of nature and the forest.

The forest itself is the therapist - *we don't train therapists - we train guides*.

By slowing people down and facilitating sensory experiencing, guides open the doorways through which nature and the forest can accomplish its healing work.

Date: Saturday 8th October to Saturday 15th October 2016

Venue: Aio Wira Centre, 8 Aio Wira Road, Swanson, Auckland

Cost: US \$3210 (includes a 6 month mentored practicum following the Intensive, Accommodation extra)

Further information: <http://www.natureandforesttherapy.org/become-a-guide.html>

*If you have any questions or would like to find out more – please contact our website or local certified NZ Forest Therapy Guide: **Vicky Kyan***

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