

Sealskin, Soulskin



Friday 13 Sept & Saturday 14 Sept 2024

An online Gathering for Women

Sometimes the busyness of life, even when that life is freely chosen and richly rewarding, can mean we lose connection with some deep, wild, soulful aspect of ourselves.

Come and join us for an online soulful weekend gathering where together we will explore the story of “Sealskin, Soulskin.” a tale of returning home to oneself, of nourishing the inner life, in Dr Estes’ words, “renewal into the wild.”

There will be myth and story, particularly from Dr Estes’ magnificent “Women Who Run With The Wolves”, simple ceremony, movement and dreamwork from Body Soul work, guided reflections and meditation, creative expression and time in small groups as well as in the wider circle. Myths and stories offer us a map to wholeness, to living a full and rich inner life, as well as one lived well in the outer world. Stories show us how to walk in both worlds.

There will be preparation invitations and suggestions, some journal and writing prompts to nurture the process before we meet and resources from our time together after we gather.

If you have any questions about the gathering or you'd like to join us and haven't yet worked with Jay give a call (07881 492342) or send an email. (jay@jayedgedge.com)

*Friday September 13th 6.30pm to 9pm
Saturday September 14th 10.00am to 4.30pm
Session fee £125.00 - payment plans can be arranged.*