

The Residential Gathering

This is an event which is run every 2 years which is open to therapists and midwives who have attended a Well Mother course.

Continuing Education: Residential Perpignan May 2010 now!! Need to confirm booking by October. More information below. Massage for Labour Course for massage therapists also in October.

Education continuel et soutien pour votre travail avec les clients de maternite; reservez votre place a Perpignan aujourd'hui!! Pour Mai 2010; je dois confirmer la reservation avant fin octobre: lisez ci dessus pour plus d'information

Für diejenige, die daran Interesse haben ihre Arbeit mit Müttern und Babies weiterzuentwickeln, wollte ich über Well Mother CPD Veranstaltungen informieren die für das restliche Jahr geplant sind und auch Einzelheiten über ein spannendes Intensivseminar, das für das nächste Jahr geplant ist. Reserve now for Perpignan!!

Educacion para continuar los studios: stage a Perpignan, La Francia, Mayo 2010: hacer la reservacion ahora...

Residential; near Perpignan Thursday April 29th/Tuesday May 4th 2010 ; for all who have done a course with me

Please let me know as soon as possible so I can confirm the booking by October. If you are interested: we need to have a deposit of 50 euros payable directly to A L'Ombre du Fort: chez l'ours as soon as possible.

This course is open to everyone who has done a course with me: midwives, massage and shiatsu therapists, wherever in the world. It would be great to meet up and exchange work and get more input: make a date for Perpignan for May. This is my bi-annual Residential course/gathering. The previous two have been in the UK and mostly English students have come. I hope this time that my students from all around the world may come: France, Germany, Austria, Switzerland, Spain, Portugal and maybe even America and Australia and New Zealand. The course is very much for you to deepen your work: with input from me, as well as from your colleagues. The main language will be in English: but I hope that we can facilitate some other language groups too!!

Education continuel et soutien pour votre travail avec les clients de maternite; Il faut reserver tout de suite

A l'intention de ceux qui ont suivi un de mes stages: sages femmes, praticiens de shiatsu et de massage: mon stage bi-annuel de quelques jours a Perpignan en France serait une bonne occasion de nous rencontrer afin de partager nos experiences. Mes derniers stages ont eu lieu en Angleterre et ont principalement attirer mes etudiants britanniques. Cette fois-ci, j'aimerais offrir ce stage a mes etudiants etablis dans le reste du monde: France, Allemagne, Autriche, Suisse, Espagne, Portugal, et peut etre meme les Etats Unis et la Nouvelle Zelande. Le stage sera l'occasion pour vous d'approfondir votre travail et comprendra non seulement mes enseignement mais aussi des echanges de points de vue entre collegues. La langue principale serait l'anglais, mais la creation d'autres groupes linguistiques aussi serait envisageable.

Weiterbildung und Unterstützung für deine Arbeit mit Klientinnen während der Mutterschaft

An alle meine KursteilnehmerInnen : Hebammen, Masseure und Shiatsu Practitioners – auf der ganzen Welt! Es wäre großartig sich zu treffen, einen Arbeitsaustausch zu machen, neue Impulse zu bekommen: mache dir einen Termin für Perpignan (Frankreich) im Mai frei. Da findet zwei mal jährlich mein Kurs/ Gruppentreffen statt. Die letzten zwei Treffen fanden in Großbritannien statt, wo sich hauptsächlich englische StudentInnen trafen. Ich hoffe, dass diesmal meine StudentInnen aus der ganzen Welt kommen können: Frankreich, Deutschland, Österreich, Schweiz, Spanien, Portugal und vielleicht sogar aus Amerika, Australien und Neuseeland. Der Kurs ist dazu gedacht um deine Arbeit zu vertiefen, sowohl mit Input von mir, als auch von **dir und** deinen KollegInnen. Die Unterrichtssprache wird hauptsächlich Englisch sein – hoffentlich können wir auch noch andere Sprachgruppen unterstützen!!!!

Course Details

I have provisionally booked a Bed and Breakfast at Villefranche, which is a half an hour train ride from Perpignan. It is a few minutes walk from the local train station of Villefranche de Conflent, which is a lovely village in the Pyrennees.

Location

A L'Ombre du Fort: www.activityholidayfrance.com

It is a large French house: with comfortable accommodation in twin rooms. There is a swimming pool. The weather here is the sunniest in France and at this time of year, we will do most of our work outside in the gardens. There will be some hours off to explore the local and very beautiful area and if, people want to make a longer holiday of it, you can arrive a few days before or after.

The course will start on Thursday night, after supper, with a gathering of everyone: time to connect with each other and with what you would like to work on. The course will run for full days Friday, Saturday, Sunday and Monday. During this time there will be some teaching from me, some sharing from you and meditation and exercises. Breakfast, lunch and supper will be provided.

A Typical Day

A L'Ombre du Fort: www.activityholidayfrance.com

07.15-08.15 Exercise & meditation (optional)
08.15-09.15 Breakfast
09.30-12.30 Practical Work
12.30-15.00 Lunch, Siesta, Walk
15.00-18.30 Practical Session
19.15 Supper
21.15 Evening Exercise & meditation (optional)

Cost

For B and B accommodation for 5 nights: 175 euros or £166, sharing in a twin room.

For the 4 day course including lunch and supper: 352 euros or £335

If you are interested: we need to have a deposit of 50 euros or £50 payable directly to A L'Ombre du Fort: chez l'ours as possible. I need to confirm by October.

Email your interest and I will provide the bank details.

If you would like to express your interest or would like more information on previous residential, please email back: there is also information on the website.

Thoughts on the residential

"Having just returned from Suzanne's Well Mother residential gathering/ retreat at Hawkwood College I feel refreshed, fully revived and enthusiastic about the content of the week.

There's something rather nice about studying whilst in a beautiful old-fashioned stately home. Outside gentle rolling countryside, abundant woodland, natural running underground stream (drawing our attention to the pull of water/kidney energy) and being there on the longest day/summer solstice to appreciate the abundance of life force and light.

Maybe I'd anticipated long lazy days of relaxation with random dips into ideas, stories, swapping treatments reading and discussion... This certainly was the main theme-however the actuality was an enthusiastic and intense meeting of minds, willing and eager to explore and share experiences plus to learn and add depth to our current understanding of pregnancy work to date. The course/retreat was open to varied styles of working during pregnancy from midwives, to reflexology, massage and shiatsu practitioners.

Time was spent in a steady flow of unhurried, thorough inquiry and learning; a ripe opportunity for discussion around the application of the techniques taught on the different Well mother courses held by Suzanne and for sharing ideas.

Pauses for meditation added a personalised depth to one's own connection to the extraordinary vessels, how the changes during different stages of pregnancy relate to them and how the uterus functions in not just the physical but also deeply emotional ways. This provoked a thoughtful response, which increased and opened awareness to the staggering depth of ancestral links.

The environment and collective support provided a safe space for many of us to explore deep layers of the self and to perhaps unlock doors to unsolved personal mysteries. No doubt each practitioner approached and experienced these exercises very differently.

The course was open to male practitioners and thus broadened the scope of discussion fantastically. Bill's presentation on athletes adapting their training schedule through out pregnancy was great. In fact each individual helped create the workshop offering their own unique contribution – all participants were gratefully supported, inspired and educated by Suzanne's tireless and energetic approach.

Coming to retreat offers an unhurried chance to reflect on past modules and reorganise thoughts around subjects perhaps still very new to some. An open space is provided allowing one to be free from potentially limiting ideas and patterns plus the atmosphere of multi-gifted practitioners coming together created a unique blend of energies that could support sometimes deep/ subtle realisations.

As the retreat fell on the Summer Solstice we all celebrated with a ritual offering of our thanks and blessings at the well opening of the natural spring – a time where we let go of old excess, sang songs of renewal and had a laugh around a huge fire as the sun set.

By the end of our time at Hawkwood I think we all felt brilliantly renewed and warmly connected. I am glad to have made new friends and acquaintances during such a stimulating and enriching time spent with like-minded folk. I mustn't forget to mention that Hawkwood really did an amazing job providing us with endless nourishing home cooked and grown food regularly throughout each day.

There were no complaints – a great time was had!"

Christine Pike, shiatsu practitioner

"I think the best thing for me was time away, time to re-charge batteries so the wonderful venue, catering, meditations, Qi Gong, summer solstice ritual and the shiatsu I received are the main things I came away with!

Having said that I did find all the material we covered very helpful: some was revision, some going into more depth or adding new possibilities in and some different angles such as the reflexology: overall I thought it worked

well having a mix of therapists there.

I enjoyed the video and thought the point it was making about memory/emotional connections