

# Natural Happiness:

## Growing through uncertainty

A workshop at Hazel Hill Wood, near Salisbury



October 13-15  
Fri 7pm-Sun 2pm

Guided by Alan Heeks,  
Jane Sanders and ... the wood



*How can we stay happy when there's too much change? Are there ways to bounce back and thrive if everyday life and work is getting us down? The answer is cultivate yourself the way an organic gardener or forester tends their ecosystem, so you grow your own wellbeing by learning from nature.*

In this workshop we'll explore these questions, with the natural ecosystem of this magical wood as our guide. Our methods will include: nourishing our roots; composting problems; using co-creative skills to work with nature; growing inspiration; and ecosystem insights about community. Along with workshop sessions, there will be solo times in the wood, plus good food, campfires and songs to nourish this.

There will be an extra session; 2-4pm on Sunday, offering training for anyone interested in using Alan's Natural Happiness model in their coaching or group work. You will need to buy the Trainer's Manual (£10) to attend this session.

**Alan Heeks** has been exploring resilience with people and nature for many years, and has led many groups on this theme, drawing on experience of resilient natural systems from creating an organic farm and setting up Hazel Hill. His forthcoming third book is *Natural Happiness: the Gardener's Way*. See more at [www.naturalhappiness.net](http://www.naturalhappiness.net)

**Jane Sanders** has over 25 years' experience in working with a mindfulness based approach to wellbeing with groups and individuals, and has also incorporated deep ecology, ecopsychology and the wisdom of natural systems into her work in many different settings.

**Alan and Jane** are both part of **Wisdom Tree**, a small team offering programmes on resilience for individuals and organisations. See more at [www.wisdomtree.uk.net](http://www.wisdomtree.uk.net)

**Cost** including food and accommodation: £150, concessions £125. Some private bedrooms available at a small premium.

**Hazel Hill** is a magical 70-acre conservation woodland and retreat centre, 7 miles from Salisbury. It has simple, yet beautifully crafted off-grid wooden buildings with lovely indoor and outdoor group spaces, basic accommodation in bedrooms and sleeping lofts (or camping), good hot showers and compost loos. See more at [www.hazelhill.org.uk](http://www.hazelhill.org.uk)

For bookings and enquiries:

Please contact Charles Kemp T: 07737 892 891, 01373 462606 E: [charles.fhp@blueyonder.co.uk](mailto:charles.fhp@blueyonder.co.uk)