

Narrative Adventure/ Retreat in the Azores Islands

From Sunday, June 19, 2022, (morning) through Sunday, June 26.

8 days of adventure, discovery and exploration...

This workshop retreat is designed to recharge your batteries while exploring the beautiful Archipelago of the Azores, exploring narrative practices and creativity as well as nourishing your visions and aspirations.

Our days will be divided between creative and narrative workshops and excursions to explore the natural wealth of the island of Sao Miguel ...

We will stay in a natural site near an old mill.

No knowledge of Narrative Practices is required, maximum: 9 participants.
Exploration of the island will be done in conjunction with the workshops.

Workshop content: An experimental laboratory for understanding and practicing various Narrative Practices:

I. Exploration of the metaphor *identity migration*, drawing on the experience of the journey to an island

- Narrative conversations and creative exercises from art therapy and Ericksonian hypnosis to explore and develop one's dreams, resources, visions...

- Creating *communitas*¹ (a supportive community within the group) to encourage the emergence of each person's resources and talents,

- Natural experiences (drawing on natural resources to create and replenish oneself)

- Time for reflection and personal renewal to facilitate the integration of experiences

II. Practical exercises during the seven days:

Ceremonies, narrative and creative weaving exercises, incorporating nature encounters and adventures into learning...

III. An opportunity to practice in groups, small groups, and individually, various exercises that are both fun and thematic.

IV. An opportunity to develop one's own "narrative ceremonies" and experiment with them
Each participant will be encouraged to bring their own unique contributions to the group.

Cost: early-bird: until February 25, 2022: 1275€ or 2200€/couple

Price after 25/02/22: 1450€ or 2400€/couple.

For questions and interviews, contact the instructor: etfeld.27@gmail.com

Visit the website for pictures and more description: <http://narraventures.com/coaching/ateliers-aventures/>

¹ *Communitas*, a term used by anthropologist Victor Turner to describe communities of people who go through a passage together. David Denborough calls it "unity in diversity," it encompasses elements of equal status, respect for differences, a place for everyone, support, fellowship, and humility.