



REWILDING OUR SACRED HEART

Set amongst a Breton horse-herd, join us for a transformative journey facilitated by a South African Zulu nature guide and a Dutch Tibetan Buddhist facilitator.

"IT HAS BEEN MY LIFE'S PATH TO REKINDLE THE WILDNESS IN ALL OF US; TO BRING PEOPLE INTO THE PRESENCE OF WILDNESS, AND HELP OPEN THEIR SOULS TO ITS BEAUTY, WISDOM, AND INFINITE POWER TO HEAL."

Sicelo Mbatha

5-DAYS RETREAT: 6 – 12 JULY 2024

**With Sicelo Mbatha & Annick Nevejan
& Saint-Jean's team and thirty horses
in Brittany, France**

More information

www.lagrangedesaintjean.com

IS THIS FOR YOU?



*Are you curious to explore your relationship with the Earth?
To learn to co-create spaces for healing, reciprocity,
and kinship with all of life?*

This retreat is something for you if you are:

- curious how to restore the balance between give & take in our lives and for future generations to come
- feeling kinship with the wider web of life, and seeking confidence and supportive practices to step up and lead or inspire others into this way of being and acting
- wanting to belong to a community of fellow explorers to transform our relationship with the Earth

We hope to welcome people from diverse fields and background - from early-career professionals to elders, leaders, change agents, grassroots activists, coaches, artists, caregivers, social entrepreneurs..., and anyone else who is curious about how to play your part in the thriving of all life.

We ask participants to fully engage with the whole program, to have an intention to be open, curious and co-learn. Some prior experience in meditation, or other introspective disciplines is preferable.

No experience with horses is necessary; no riding is involved.

WHY WE DO IT

Umuntu ngumuntu ngabantu

**Zulu proverb meaning a person is a person through other people -
we can only express our humanity in community with each other.**

Looking at the basic state of the world you can say we are out of tune. The limits of the 'story of separation', where we feel cut off from the stream of life, and the breakdown and suffering this causes for ourselves and the world becomes more and more evident. More than ever, we need a 'new story', a shift in paradigm to weave ourselves as humanity back into the web of life, acknowledging our relational nature and interdependence.

During this retreat, we will explore how to align with the 'story of interbeing'; to feel our kinship with all life by learning to co-create spaces for renewal, reciprocity, healing, and reverence - especially with the more-than-human world. We will engage with a large horse-herd, born and bred at this event's unique location 'Saint Jean' and the surrounding Celtic Forest of Broceliande in Brittany, France.

Rewilding our sacred heart is the ability to wake up to our inner capacity for profound joy, love, compassion, and wisdom, which is seen as the essence of all sentient beings. These inner resources can be nurtured and strengthened like a muscle. They help us to meet the challenging moments in life, and to heal the suffering that comes from the 'story of separation'.



WHAT WE DO



For this retreat we follow the thread of adventure, bringing together ancient wisdom traditions like Zulu and Tibetan Buddhism, science, systems thinking and nature connection. We will offer simple practices how to come back to our senses, to develop a 'beginner's mind' and to strengthen inner resources like courage, presence, and curiosity to live at the edge of the unknown. Practices like deep listening, basic meditation, systemic group inquiry, compassion practices & insight dialogue, movement, silence, and solo time in nature, enable us to reconnect and join the conversation with the wider web of life.

The meeting with the horses will be carefully designed, focusing on how to create a reciprocal relationship. There is no riding involved. It will always be an open and free meeting between two species. The emphasis is on how to be with the horses, versus doing something. In this intermingling with the horses, we meet live as it is; there can be moments of rejoicing, playfulness, and healing, and moments where we are challenged to meet our fears, stand our ground, and mobilize our own authority.

What we explore:

- being centered and its impact in relating with your inner and outer world
- deep listening and alternative ways of knowing
- questioning ingrained ways of being and seeing and in the process begin to reinvent ourselves
- relating from a 'power-with' dynamic versus a 'power-over' dynamic
- creating trust and safety through mutually supportive relationships between humans and in relating with the horses
- developing inner resourcefulness in the face of challenges
- gaining clarity of intention
- engaging in 'emergent' learning..... and much more.....

WHO WE ARE



Sicelo Mbatha

I am a spiritual nature guide from South Africa and will be your guide in fostering deep connections between humans, the horses and nature. I will invite you to learn from the indigenous Zulu wisdom of my people to ensure the right relationship with the vast community of life - and to act as a member of this larger family. We will explore experientially what inner and outer leadership emerges or revives from being grounded in care and interdependence.

www.umkhiwanesacredpathways.com



Christine Nevejan

Being your host at Saint Jean I will assist Sicelo in working with the horses as I know them so intimately from the day that they were born. Horses can read energy and intentions like few humans can. Being a herd prey animal, the herd has subtle ways to read one another. Having far more scent and hearing, and less sight than humans, horses can read and mirror your energy and your intentions, even the ones you may not be aware of. Horses have an impressive presence and will ask you to attune to their language if you wish to connect with them. This will create opportunities to sharpen your body language and your clearness of intention.

www.lagranledesaintjean.com

Annick Nevejan

Initiator and organizer of this retreat, I am a mindfulness and compassion trainer and practice Tibetan Buddhism for more than 30 years. In my facilitator role I will explore together with Sicelo and the group what ancient wisdom traditions can teach us about the power of imagination to nurture innate qualities of our heart. Being extensively trained in systems thinking and group dynamics, I am curious what we can learn from the dynamics of the horses and the herd about our own human systems dynamics.

www.nevejan.net
www.spiritualecology.nl



PRACTICAL INFORMATION

Dates and times: 6 - 12 July 2024

Arrival time: Saturday 6th of July between 5-7 pm

Departure Day: Friday 12th of July after breakfast

Location: 1 Saint Jean, Saint-Malon-sur-Mel, 35750 Bretagne, France

www.lagranledesaintjean.com

Standard fee: € 1430, - (includes 21% VAT, retreat fee, 6 days food & accommodation)

Early bird fee: € 1330, - registered and paid before 1st of April 2024

Reduction possible: we can offer a few places with reduction, which will be determined on an individual basis. Don't hesitate to contact us about this.

Size of the group: Between 10 to 16 participants

Accommodation and meals:

Sleeping at Saint Jean is preferable for the cohesion of the group.

You can stay in a dormitory (share large room with 3 or 4 people) or stay in a tent (we can provide 2 tents, otherwise bring your own tent). If you would like to stay in the neighborhood, we can send you a list of possibilities.

All meals are vegetarian, and we serve non-alcoholic drinks. We do not cater for special diet needs and ask you to bring your own supplies if necessary.

Contact for information: Annick Nevejan by email: anevejan@xs4all.nl

How to register: After being in touch by phone or online we will send you a registration form and how to pay for the retreat.

