

HerSpace

HerSpace is two weekend retreats for women who want to journey deeply with other women.

HerWisdom 15th-17th March 2019

We will tap into our innate wisdom, and seek to deepen our trust in our own ways of knowing

We will explore 'Sophia' wisdom and the feminine side of spirit

HerBody 25th—27th October 2019

We will care for our bodies using gentle wellness practices and reflect on living in a woman's body

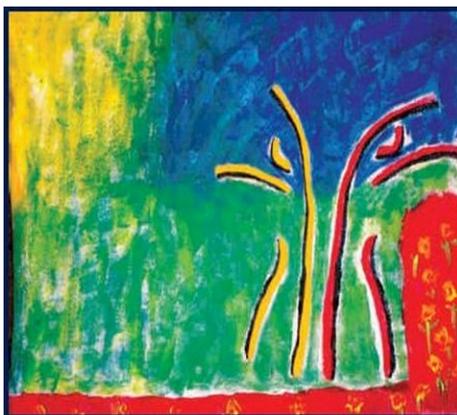
We will listen to the body as a source of spiritual insight—'embodied spirituality'



Facilitator: Valerie Allen

Valerie is a retreat leader and spiritual companion. She has a particular interest in women's spirituality and creating spaces in which women can meet, share and be spiritually nurtured and empowered.

Valerie is committed to wholeness and justice. She dabbles in music and photography, and loves mountains and wild places. Story, symbol, stillness, creativity, colour and sunlight feed her spirit. She is a member of the Iona Community.



The Coach House

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HerSpace 2019

**Two weekend retreats for
women**



**Facilitated by:
Valerie Allen**

Fullness of Life

HerSpace is two weekend retreats for women who desire to live fully.

Jesus said: "I have come in order that you might have life - life in all its fullness."



What opens us to embracing life? What prevents us? What in the Christian tradition leads us to wholeness and well being? What reinforces our experiences of brokenness or oppression?

HerSpace is for women who long for creative community, who yearn to better integrate all aspects of their lives, who are open to fresh perspectives, who seek inclusive ritual and who want to tap into their deeper spiritual selves.

Journeying Together

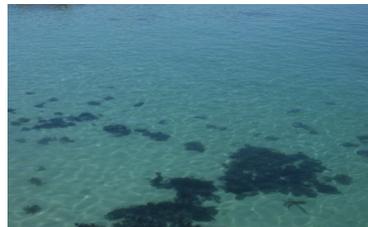
HerSpace is an invitation to journey with others building relationships that allow us to go a little deeper. As we journey we will hold each other gently and compassionately.

Our desire is for each weekend to become a space in which we feel safe and able to trust one another with our stories and experiences.

The Weekends

Each weekend will balance time for reflection and creative expression with time to breathe deeply and enjoy the beauty of our surroundings. We will use different creative media, wellness practices or simple movement to explore the themes - integrating body, mind and spirit.

Each weekend will begin with dinner on Friday evening and end at 3.00p.m on Sunday afternoon.



A Woman's Eyes

Using a feminist lens we will ponder afresh the personal and sacred stories that have shaped our lives, seeking that which is life-giving.

Feminism, in this context, is simply looking at life and faith through a woman's eyes.

Often in our patriarchal world men's voices are privileged over women's. In these retreats we will privilege women's poetry, stories, theology and creative expression. We will draw wisdom and inspiration from biblical, historical and contemporary women.

Donation Guideline Per Retreat

Full board:

£180 - Single ensuite, sea view

£174 - Single ensuite, land view

£170 - Standard single

Non-residential:

£90 - Includes all lunches & dinners

£50 - Deposit due at booking
Balance: Four weeks before retreat

Please book through Coach House