



I am offering this group for those of you wishing to explore your experience in the light of themes from ecopsychology. We will reflect on our humanity at a time of planetary crisis, co-existing with billions of humans and other-than-human beings. The group will offer you the space to process your: relationship with yourself and others, sense of place and belonging (or not), abundance and lack, wild and tame, embodying and disembodying habits, joy and sorrow. We will meet during the period of the gradual awakening of the land and the growing power of the Sun. We will meet in an urban context, noticing how we don't have to be 'in nature' to be with the elements - inner and outer.

My approach is influenced by my life-work as an engaged Buddhist, a therapist practising ecopsychology and ecodharma and a development worker in sub-Saharan Africa. The conditions for a safe, healing space will be co-created. The group will consist of solo, pair and whole group work, discussions, movement, reflections, visualisations - working both indoors and outdoors. There will be no pressure to do anything with which you feel unsafe and you choose whether to work with or without negotiated touch. The group will consist of a maximum of six participants.

Applications. This group is open to those wishing to process thoughts and feelings relating to ecopsychology. I will ask you to come for an initial one-to-one meeting before being invited to join the group (a charge of £20), unless you are already known to me. For an initial talk please call me on 07905 147 968 or email info@kamalamani.co.uk

Fee and Booking. The fee is £285 for the 5 evenings and 2 Saturdays. To secure a place I ask for £135 as a non-returnable deposit paid at the time of booking. The balance of £150 will be paid at the first Saturday meeting by cheque or cash. Please bring veggie lunch to share on the two Saturdays. I will provide hot drinks and biscuits at all the meetings.

Dates: Sat 11 Feb, Tuesday 14th, 21st, 28th Feb, Tuesday 6th and 20th March and Sat 24 March 2012.

About me. I am an Embodied-Relational Therapist, mentor, healer and ordained Buddhist living and working in North Bristol. I have experience of running and participating in a variety of different groups and trainings over the past twenty years, working in the public, private and not for profit sector. I am an accredited member of the British



Association for Counselling and Psychotherapy (BACP) and the IPN. My website provides full details of my work: www.kamalamani.co.uk

My first book, 'Meditating with character', will be published by Mantra books on 27 Jan 2012. This explores embodiment in the context of deepening one's meditation practice and against the backdrop of the 'great turning' times we are witnessing. I am currently writing about intentional childlessness and am particularly interested in its relevance in the face of ecological crisis.