



Soft Fascination

A residential
weekend workshop
at
Paddington Farm
near Glastonbury
with Kamalamani.

14-16th Oct 2016
£170/145 (full
price/early bird).
£50 deposit.

“Soft fascination is the term used by psychologists for the passive experience of natural rhythms and patterns such as cloud formations, flowing water and rolling waves. It is now understood that these stimuli are more than just aesthetically pleasing, they can be actively psychologically restorative.”

John Clive: <http://www.johnclive.co.uk/softfascinationhd.html>

The term ‘soft fascination’ was first coined by Rachel and Stephen Kaplan, academics at the University of Michigan who are interested in studying our experiences in ‘nature’. Between town and wilderness, Paddington Farm offers spacious vistas, old oak trees marking an ancient pilgrim trail, local fruit orchards, and walks up the Tor. Living, cooking, and working simply together we’ll co-create the conditions for soft fascination.

We’ll spend time arriving, listening, and connecting with ourselves, one another, and the other-than-human life all around. We’ll most likely do this in a number of ways: from meditation, movement and reflection, to some solo, pair and small group work. We’ll be exploring soft fascination in relationship to our harder edges, noticing both our lack of engagement and passionate engagement with our work and lives, in amongst the changing of the season; colourful shedding, cooler days and soft, diffused light.

Venue Information: Paddington Farm is an organic farm and friendly workshop venue and community located a few miles outside of Glastonbury, with the Mendip Hills in the distance. Sleeping accommodation will mainly be in simple shared bunk rooms, although there are also two single rooms, one double and one twin available on a first come, first served, basis. For venue information please visit: www.paddingtonfarm.co.uk

Booking: A £50 deposit secures your place. For the early bird discount full payment must be made by 10th August. The maximum group size will be 14. The cost includes shared accommodation and tasty vegetarian food which we’ll cook together in an alcohol-free environment.

For more information please email Kamalamani: info@kamalamani.co.uk or ring: 07905 147968.



About Kamalamani: I work as a body psychotherapist, facilitator, supervisor, and author. I value greatly bringing together age-old Buddhist practices with more recent ones, particularly from ecopsychology and Wild therapy. I am the author of two books: ‘Meditating with character’ and ‘Other than Mother: Choosing childlessness with life in mind’. For more information about me and my work so far please visit: www.kamalamani.co.uk @kamalamani