

Bridging Paradigms in Health
Ancestral Memories



Residential Retreat
in
Sichów Duży - Poland

27th - 31st August 2018

With Natalie Tobert



Retreat Participants

This retreat is suitable for people like us, anyone who wants to explore a more profound understanding of our fellow humans. It is also excellent for medical and health care practitioners, GPs, psychiatrists, psychotherapists, and other front line staff including maternity, social workers, and teachers. You are welcome.

Bridging Paradigms

This retreat is offered to create a bridge between mainstream education about health and what people really do for their well being. We acknowledge that with colonisation and an influx of new migrants and refugees, it is essential for us to understand cultural and spiritual explanations for what it means to be a human being, particularly in the field of mental health, and at times of death.

We explore where our memories come from. Do we believe they are stored in our bodies or our minds, or elsewhere? How do we address unspoken memories? Our intention is to explore an educational gap, and acknowledge the clash of beliefs between those who hold different paradigms for understanding health. Our long term aim is to improve the quality of life for practitioners, clients, and us, to enhance social and global well being.

Topics to Explore

The Human Body and the Self, Mental Wellbeing and Altered States, Ancestral Memories, Survival Beliefs, Consciousness Beyond Death, Cultural U-Turns & Paradigm Change

This inspirational retreat is participatory and experiential. Workshops are delivered in English, but breakout discussion groups can be in any language, with the plenary offered in English. We explore what it means to us to be human in today's world. We spend our mornings in discussion, acknowledging the wisdom of the group, where we aspire to honour each participant's expertise. We visit local places of interest later in the day.



NATALIE TOBERT

This retreat is facilitated by Dr Natalie Tobert, a medical anthropologist with original fieldwork experience in Africa and India. She does research and health promotion in UK with new migrant and refugee populations.

She teaches in medical schools, hospitals, and universities, and has facilitated seminars and retreats in Spain, Sweden, Switzerland, and California. She is passionately interested in our spiritual understandings around consciousness, health and social well being. Her great grandparents (whom she never met) came from Poland. A silent history.

Natalie's most recent book "*Cultural Perspectives on Mental Wellbeing*" was written to accompany her training seminars. It brings fresh perspectives to our dialogue on global health. She also has a book published, based on her travels and research in India, entitled "*Spiritual Psychiatries*" which explores the transferability of Indian perspectives.



The Sichów Educational Foundation is located in an historic manor home in a natural parkland of ancient trees, 100 km from Kraków. Participants are able to visit castles, palaces and sites of cultural interest in the area. We recommend you also put aside extra days to visit Kraków. Visit their website at www.sichow.eu for information on facilities.

The conference centre is ideal for educational and cultural meetings, workshops, yoga, meditation or retreats for groups. Our hosts Paul and Amber Kieniewicz offer an atmosphere that hearkens back to the days of Polish manor houses, set in a glorious forested area where our group can stay and work comfortably. They offer us an introduction to the Manor House and its profound history. There are spacious meeting rooms with natural lighting, delicious food, and a resplendent park with many paths, that encourage concentration and inspiration.

Registration Details

Spaces are limited, so please register early

NameEmail

Address

Early bird rate (before 1st July):

- o £460 per person double occupancy
- o £560 per person single occupancy

Standard Rate (after 1st July):

- o £580 – double occupancy
- o £680 – single occupancy

Payment options for deposit to secure your place

Paypal, online Banking, or Credit card (Visa or MasterCard).

Card No Expires

Signature

The price includes

- Transportation to and from either Krakow airport /or Main square at a time agreed by organisers
- Full board at the accommodation – 4 nights
 - o Twin sharing (single occupancy with £100 supplement)
 - o Absolutely delicious Polish food (breakfast, lunch and supper)
- Retreat training content and discussions
- o History and tour of Manor House by our hosts
- o Two afternoon trips to nearby wonderful sites
- o Polish musician in concert one evening

Price does not include

- Outward and return flights from country of origin to Krakow
- Additional nights in Krakow, to explore town Main Square & Old Town
- Taxi fares outside of set times
- Alcohol

Contact facilitator Natalie Tobert for more details: info@aethos.org.uk

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<http://aethos.org.uk/>



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