



STORY MEDICINE, YOGA & SACRED RITUAL

Story Weavers' Vision Quest 2020

A mythic and transformative journey
into the heart of your story

FEB 6-11, 2020
DITIPUR RETREAT – 'A PLACE OF LIGHT'
BYRON HINTERLAND, NSW

"This storytelling retreat should be experienced by everyone. It was so enriching: connecting with others and the land in a creative way." – Cecile Williams, Visual Artist

"Nicola allows stories yet unimagined to unravel, and voices and words found to fit them, and holds a space for all to listen up good." – Linda Bradbury, Poet





Voice your story, weave your vision

Who would you be and how would you live your life if you truly, deeply trusted yourself and your life, just as it is?

What stories are you carrying? Which of these nurture and support you? And which of these are ready to be released or transformed?

In the mythic adventure of your life, what wisdom can you glean from the past and what visions will you weave for the journey ahead?

Like the traditional vision quest, this retreat will offer a facilitated process by which you will move deeper and deeper into relationship with self, other and nature. You will uncover archetypal stories that help you move forward in your life with courage and heart.

Fractured pieces and seams of gold

Story medicine, like the ancient Japanese art of 'Kintsugi', gathers the broken or misunderstood fragments of our lives and joins them together again with seams of gold.

Writing and storytelling open new pathways in our brains, allowing us to see our lives and ourselves anew, to make fresh connections and to reap the hidden gifts of our struggles.

Instead of disguising our unique history, with its fractures and holes, we discover how each challenge we have lived through offers a golden gift. Each gift—revealed and polished through writing, story, ritual and sacred community—makes us stronger, wiser and more compassionate—more able to contribute to the healing of Mother Earth and all her children.



Be guided into the heart of your story

Your Story Guide on this journey, Nicola, has ten years experience facilitating transformative community arts projects in rural WA. She supports writers and non-writers alike to express and share their stories in ways that are empowering and healing.

You are the One you've been waiting for

Each of us are stories-unfolding, individual threads in an infinite and timeless tapestry. Each piece is integral to the whole. By voicing our wisdom, our passion and our dreams, we move toward wholeness together. We emerge as individuals and merge into community. Together we belong.

For Bookings & Enquiries:

NICOLA - M:0421 633 124 E: WRITE2UNRAVEL@GMAIL.COM

DEBORAH - M:0429 088 593 E: DEBORAH.OBERON@GMAIL.COM



Connect deeply to self, nature & each other through:

Creative Writing & Sharing

From tangled memories to memorable moments, we unravel the gifts of your life experience, and celebrate your unique stories and writing voice. Relax and trust. Through this wonderful process, feel respect, compassion and openness grow stronger in the circle.



Explore the mythic threads of your life through:

Story Medicine Circles

Storytelling is an ancient and potent healing art. Drawing from the wisdom of traditional and original myths and fairytales, we reflect on parallels in our lived experience, gathering luminous threads of meaning and insight to weave into visions that inspire us.



Relax deeply in body and soul with:

Yin Yoga & Meditation

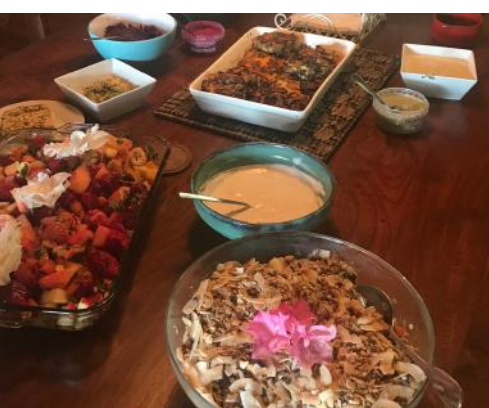
Yin Yoga invites you to dive deeply into long-held postures, practise compassionate acceptance, and nurture your energy flow. You'll notice stories held in different parts of your body and choose which to nurture and which to transform so they serve you better.



Vibrate to the rhythm of your soul with:

Sacred Dance, Music & Ritual

Communing with each other, nature and the sacred, we will play, dance, sing and make music together. Ritual is a spontaneous response to the natural world, a movement towards healing and connection that invokes the spirits and our ancestors to support us.



Embrace nourishment and be cherished by:

Organic feasts in beautiful surroundings

Your body is designed not only to heal but to regenerate. It is the temple for your soul: a flesh and blood gift of this beautiful planet that sustains us. On this retreat, you will be feasted with organic, plant-based meals made with love, light and nutritional wisdom.

Your Retreat Weavers



NICOLA-JANE LE BRETON

YOUR STORY GUIDE

Nicola is a creative writing facilitator and oral storyteller with a passion for the power of written and spoken stories to awaken and deepen our connections with each other and the natural world. She delights in creating safe spaces for self-discovery and for intimate encounters with the sacred through ritual and story.

Nicola's has ten years experience as a sustainable community weaver in Denmark, WA, where she launched an oral storyteller development project in 2019. Nicola is also a writer and editor with Fontaine Publishing Group. Find out more at storyweavers.net.au

Supported by...

DRUM & STORY

CYNDIA LUZ

Cyndia Luz plays juju-beats, spoken word, chant and ritual songs from around the globe, with a big heart, a loud smile and rhythm for days. She has played percussion with the Legendary Roots Crew, Ricki Martin on the Australian Voice, The Tapdogs, HedKandi, Tijuana Cartel, OKA, Declan Kelly and the Rising Sun, Matanza Latin Jazz, and many more. The highlight of Cyndia's musical journey was to raise funds with the proceeds of her first album, Cyndi and the Drums, to donate drums and teach kids in Cambodia, who were all survivors of human trafficking.



CAT LAMB

YOGA

Cat is a Hatha yoga teacher certified in post- and pre-natal yoga, childrens' and teen yoga, and restorative Yin yoga. She has advanced training in pranayama and kriya yoga. She looks forward to guiding your personal yoga and meditation journey with an array of practices, from restorative and calming to energising and empowering.

Steeped in ancient yogic wisdom, Cat also offers Reiki, life alignment and Ashati energy healing. Over many years, she has refined her own healing style and techniques, drawn from her experience of what works, for your complete relaxation.

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Your Retreat Weavers



DEBORAH OBERON

DANCE & CATERING

Deborah is a multi-modality healer, sacred dance facilitator, gut health and nutrition goddess, passionate foodie, Earth Lover, community builder and on the extraordinary journey of becoming herself.

She offers monthly retreats in the Byron Hinterland and delights in creating beautiful spaces in which you are supported to uncover and follow your own unique path to wholeness and self-acceptance. Deborah is famous for laying on feasts that will tantalize your taste buds while nourishing and balancing both body and soul. See www.theactivatedself.com.au

MUSIC & SONG

SAM LE BRETON

Sam is resident songbird for sound healing journeys on monthly retreats by *The Activated Self*. An extraordinary performer who channels the soul of the bard, Sam shares soulful originals and melodious cover songs that celebrate Mother Earth, inspire inward reflection and light the path to peaceful activism for a better world.

Sam is a graduate of WAAPA (Western Australian Academy of Performing Arts), a passionate singer-songwriter, and one of the younger generation now stepping up to live authentic, creative lives, in service of Earth's healing.



CHRISTINA HOUEN

GUEST ELDER

Christina Marigold Houen is our Elder Story Weaver and guest life writing mentor. Turning 80 in 2020, Christina has traversed a complex life, rich in suffering as well as joy. Through storytelling and memoir, she has filled the cracks of her life with gold, transforming what once appeared broken into artworks of beauty and solace.

Christina is the published author of *This Place We Know* (Ginninderra Press, 2019). She took up pastel painting and embarked on a new career as an editor after completing her PhD in Life Writing at age 70. Find out more at www.memoryandyou.org

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**Your retreat venue:
'Dipitur' - Place of Light**

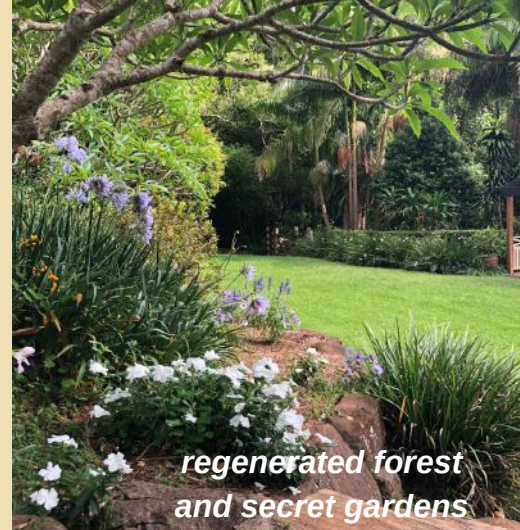


A mud brick retreat in the forest

**outdoor firepit
for sacred ceremony**



**regenerated forest
and secret gardens**



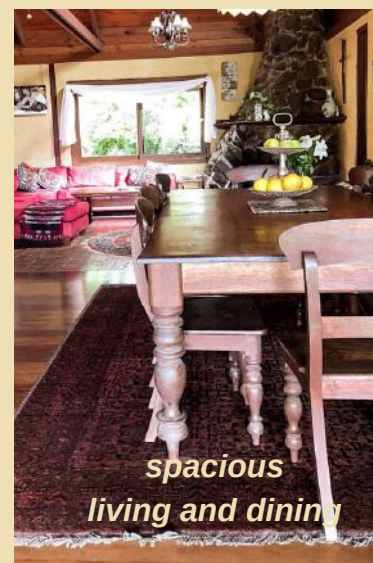
**rich, warm spaces
to gather in**



**reading, writing
resting**



**serene spaces for
yoga and meditation**



**spacious
living and dining**



**lush
tropical
gardens**



**outdoor spaces to gather
or contemplate from**



a 16m saltwater pool



capacious bedrooms



quiet verandahs



**rooms to relax
and unwind in**



comfort & beauty



What others have said about Nicola's past offerings:

"I have had my eyes opened to the delights of sharing story: mine and others. I have learnt and been inspired by many simple but effective techniques that tap into the deep well of life experience."

- Jane Matthews, Denmark WA

"Nicola was so engaging as an orator. She brought the story to life without props or costume. My imagination was illuminated. She emoted a sinister, make believe world of will-o-wisps and kelpies against a local landscape of swamps, crooked paperbacks and pobblebonks. I went home with my cup filled, thinking about the true role of the fireside storyteller: to entertain and to teach."

- Melinda, Audience Member, Brave New Works Festival 2019, Denmark WA

"You have a great gift for facilitating, Nicola. The care and compassion you have for your participants is clear. I really appreciated your gentle, patient, persistent coaching of all our expressions of ourselves. It was a very safe and comfortable environment, and to do what I have been trained out of for 35 years was a bit scary."

- Jeff Atkinson, Lawyer, Denmark WA

"This inspirational writing/storytelling retreat... has been a gift and an absolute delight to be part of! The well thought-out and orchestrated programme delivered a depth of experience that helped me to access a well of creativity that had long lain undiscovered. Thank you!"

- Ash Schipp, Steiner Primary Teacher, Denmark WA

"I have been actively involved in Nicola's community writing classes and training programmes for the last seven years. ...Each group is made to feel safe as regards confidentiality, and...Nicola makes everyone feel comfortable with their own abilities. She listens to, guides and challenges people most capably... She invites and excites a group to go deeper as she sees the processes relating to her topic maturing and developing."

"I have seen her work in all kinds of situations and with all sorts of people... Change is welcome with Nicola. She understands group processes extremely well and meets individual needs with ease and respect... I have found it a delight to be part of the invitation to the possibilities inherent in her rich sense of creative community."

- Adrienne Riddell B.A. (Psych) Grad Dip Counselling and Group Work, Denmark WA

"I feel that any project dreamt up or supported by Nicola has a special magical and 'anything is possible' aura, which she brings to it."

- Silvia Lehmann, Theatre Director, Creative Collaborator, Denmark WA