



PARADOX MEN'S RETREAT

Are you stretched between paradoxical masculine roles and expectations?

Who would you be if free from the restrictive and often contradictory influences, obligations, and expectations that come with being a modern Western man?

These tensions, created by the many paradoxes between male biology and culturally defined forms of masculinity, can empower a creative and collaborative expression of your authentic masculinity in service to people, planet and self.

Join us in exploring the wild places of masculinity on the rugged coast of Northwest Scotland.



The stunning location for our retreat, Badrallach Campsite, by Little Loch Broom, Dundonnel, Highlands

What will you get out of this experience?

You will learn...

- An understanding of a nature-based map of the human psyche and how to use it for self-exploration and self-development.
- New communications skills such as coherent communications.
- More about yourself and who you are as a man both individually and socially.
- Rhythm, timing and flow states as ways of being in the world

You will be able to...

- Sit with contradiction and tension.
- Use HeartMath techniques and meditation for transforming stress into resilience, emotional awareness and self-regulation.

- Shift out of reactivity and respond consciously to situations.
- Creatively interact from both a place of collaboration and personal agency.
- Sense your core values and how to act in alignment with those values in service of people, planet, and self.

You will feel...

- Empowered, calm and clear
- Confident and still deeply curious in your understanding of masculinity
- Able to honor your own unique expression of masculinity.
- At peace with yourself, including your inner contradictions, and challenges
- Tired, like after a good workout, yet renewed!

You will have experienced...

- Kinship, community and acceptance: a supportive atmosphere for exploration
- Deep groundedness and calm while pushing your edge (the process of growth)
- Connection with nature and encounters with different facets of yourself through nature-based practices
- Group drumming: creative collaboration through rhythmic play. Culminating in a dynamic drum circle around a bonfire



The practicalities...

When: Monday, May 20th to Saturday, May 25th.

Location - Accommodations - Amenities

The retreat takes place on the Northwest coast of Scotland at the Badrallach campsite. This peaceful campsite sits on the shores of Little Loch Broom and looks out upon one of Scotland's

most impressive mountains; An Teallach (The Anvil). The area is famous for its great hiking and kayaking.

We offer three options for accomodation:

Cottage: This is the luxury option and sleeps up to four people. You will be sharing a room with another participant.

Tent for hire: We have a few tents available for hire. Just bring your own sleeping bag and camping mattress.

Campsite: We have a number of fantastic pitches and accept caravans up to 6 meters long. You can either camp next to your car or set up in a secluded pitch. This is probably the best option for those who want lots of space for contemplation.

The campsite/bothy have hot showers, electricity and electric hook-ups, a cooking area and the cottage has a shower/bathtub, gas lights, and kitchen.

Please see our website, www.badrallach.com for more details.

Great food is included, as organic and local as possible. Let us know of any dietary requirements and we will accommodate you.

Cost

The cost is broken down into three sections: booking fee, lodging, and donation.

Booking fee: 75 GBP non-refundable booking fee.

Lodging (for the duration of the retreat):

Camping: you and your tent 37

you, your tent, and your car. 50

Hired tent: 62, 75 with a car.

Cottage: 125

Suggested donation: we want our retreats to be accessible to all regardless of financial circumstances. Give the gift of a retreat to a future participant by providing us with a donation.

We suggest 150 unwaged and 265 waged.

Packing List

Scottish weather is wild and predictably changeable. In May you could be drenched with sunshine or with rain, or both in rapid alteration. Much of our work will be taking place outside regardless of weather, so come equipped. In addition to your normal packing list you'll want:

Hiking boots.

Change of shoes.

Wellies/Rubber boots great if you can take them.

Warm socks.

Thermal t-shirts, and base layers for your upper and lower half.

A warm fleece and/or belay jacket

Rain jacket and trousers.

A backpack for when you are hiking.

A hat.

Notebook and pen/pencils.

Your favorite art supplies if you want.

Kilt optional



Your retreat and exploration is facilitated by Owen Okie and Jason Armstrong Baker

Jason Armstrong Baker

A professional drummer, board certified music therapist, and teaching artist, specializing in interactive educational work.

“When you provide unique experiences that connect and engage a group of people, you unlock an opportunity to challenge and augment the way they think, where ultimately, people may discover, own, and be valued for their strengths.”

Based in Baltimore, Maryland, Jason is a passionate adventurer, teacher, and life-long learner, who received his BA from Berklee College of Music, studied Afro-Cuban drumming in Cuba, and taught at the Nakhodka Music College in Russia. Since 2007, he has served as an adjunct faculty member in the Department of Dance at Towson University outside of Baltimore, Maryland, as accompanist for dance classes, musician coordinator, and lecturer. Jason has also served as artist-in-residence at the Department of Veteran Affairs Maryland since 2007, and recently launched a veterans music therapy program at Baltimore Station. He holds a patent for Sounds Around the World, a collaborative learning game designed for maximum engagement using diverse global music and colorful maps to teach geography skills, cultural diversity, and civics.

Owen Okie

Medical Herbalist, Counsellor, HeartMath coach, Energy Healer and Wilderness Therapist.

"My love of Nature began very early on and was nurtured by my outdoor-loving parents. Hiking, sailing, canoeing, and playing in the woods were all par-for the course during my childhood and teenage years in Minnesota. After my B.A.in Biology, rather than carry on my research on leaf-cutter ants in Grad school, I took a year off. I set out to hike the Appalachian Trail which spans the two thousand mile stretch along the East Coast of the USA from Georgia to Maine. This was an incredibly beautiful and transformative journey, and I sometimes say that I learned more during those 6 months than during my entire formal education.

After a few miscellaneous adventures I began my study in Herbal Medicine. This provided me with a hub connecting many of my seemingly disparate interests: plants,, natural medicine, ecology, environment and sustainability, spirituality, and all things associated with healing including mythology, meditation, creativity, writing, music and so forth. However towards the end of my M.Sc. in Herbal Medicine I began to realise that there was a missing element in my studies. What are the psychological, emotional, and spiritual components that block and prevent healing, change, growth and transformation? When I discovered Ken Wilber and his Integral Theory- these missing pieces of the puzzle finally fell into place. I began my psychotherapeutic training to afford these elements their rightful place in the healing process. What has really helped me tie it all together is the work of Bill Plotkin and his nature based exploration of the human psyche- a solid psychology and method that can help any individual grow toward wholeness- whatever their starting point."



Do get in touch to find out more or to book your place!

Looking forward to seeing you all soon,
Warm wishes,

Owen and Bo



Owen Okie, M.S. Herbal Medicine, MCPP.
Integral Herbalism and EarthMind Fellowship, CIC.

Herbal Medicine and Nutrition
Health and Wellness
Stress-Management and Resilience
HeartMath and Wilderness Therapy

The true human being ... is the meaning of the universe. He is a dancing star. He is the exploding singularity pregnant with infinite possibilities.

• *David Zindell*

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