



The Bield at Blackruthven

## ***Bield at Blackruthven***

# **Capacitar Wellness Taster sessions 2018**



**Facilitated by  
Marianne Anker-Petersen and  
Melitta Bosworth**

**Wellness** is a buzz word but as we all desire to live and be as well as possible physically, mentally, spiritually and emotionally, whatever can help us on that path is welcome.

**The Wellness Practices** developed by Dr Pat Cane, founder of the organization Capacitar (see [www.capacitar.org](http://www.capacitar.org) for more information) are simple but effective in healing and self-care. They cover gentle body work and mindfulness practices gleaned and adapted from various traditions. The practices have been used with a variety of people and groups and within different cultures. In a Christian context they can be offered as body prayer and Christfulness.

The practices help transform stress and pain deriving from illness, violence, and the stresses of daily life and open the individual up towards greater wholeness and wellbeing. As individuals get in touch with their own source of strength and wisdom they can help others.

**Facilitators:** Marianne and Melitta are both part of the Bield ministry team and find the practices very helpful for self-care. We also use and teach wellness practices to individuals and groups visiting the Bield. We have completed the more intensive Capacitar training with Patricia Cane and follow regular advanced formation sessions.



The tasters at the Bield stand alone and give background to Capacitar and introduce a number of practices including:

*Tai-chi movements/ visualization,  
Breath-work, Finger holds for  
managing emotions, Emotional  
Freedom Protocol (tapping),  
Head Holds.*

*There is time for input, sharing,  
questions and comments.*

**Taster session Dates :**

**Saturday 10<sup>th</sup> February  
Sunday 8<sup>th</sup> April  
Sunday 15<sup>th</sup> July  
Sunday 21<sup>st</sup> October**

**Time: 2-4.30pm      Cost: £11**

***You are welcome***

*We have regular wellness sessions for staff and interested guests Tuesdays and Fridays from 1.30 – 2pm at the Bield. You are welcome to drop in. It is probably best to confirm that sessions are taking place by phoning or e-mailing beforehand.*

**Please book through Muriel at:**

info@bieladatblackruthven.org.uk  
or 01738 583 238

After booking, please pay the cost in full

**The Bield at Blackruthven,  
Tibbermore, Perth PH1 1PY**

See web site for Cancellation Policy  
Card payments can be made on the phone.

Cheques & BACS are Payable to:

**The Bield Christian Company Ltd.**

**Sort Code 83-47-00 A/C 00100095**

Please include **Surname** or **Group Name**  
as a BACS reference and email:

info@bieladatblackruthven.org.uk  
to confirm BACS payment.

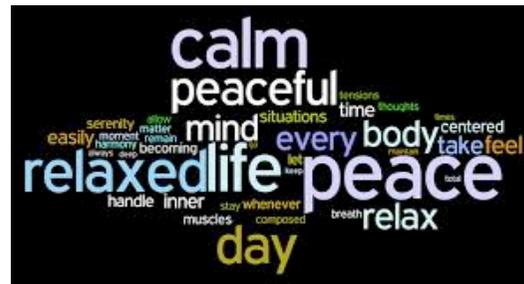
**www.bieladatblackruthven.org.uk**

signed to Crieff / Crianlarich to West  
Huntingtower. Turn left at the cross  
roads to Madderty / Tibbermore.

The entrance to the Bield at Blackruthven  
is on your left after half a mile and is  
marked by Stone Pillars and iron gates.  
Take a left up the tarmac road passing  
the gate lodge. The parking area is on  
the right.

**By Public Transport**

Bus Service 15 from Perth to Crieff stops  
at West Huntingtower, which is a 10-  
minute walk from the Bield. There is a  
taxi service available from Perth Railway  
Station.



**Directions**

**By Car**

From Dundee or Edinburgh travelling on  
M90: follow signs for Glasgow / Stirling /  
Crianlarich which leads you onto the  
Perth bypass. Head west on the A85