



The Bield at Blackruthven

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Capacitar Wellness Taster sessions 2017



**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 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.



We are offering several introductory Capacitar Wellness Tasters early in 2017. Attending a taster may help you decide if you wish to sign up for the more in-depth training with Pat Cane. We have a course beginning in May 2017 in Edinburgh over the following dates :

27-28 May 2017, 7-8 Oct 2017, 3-4 Feb 2018 12-13 May 2018 .

Please ask for more information and an application form if you are interested.

The tasters at the Bield also 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 : **Sat. 28th January .
Sun. 26th February.
Sat 8th April
Sat 6th May
Sun 22nd October**

Time: 2-4.30pm

Cost: £10

Directions

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@bieldatablackruthven.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@bieldatablackruthven.org.uk
to confirm BACS payment.

www.bieldatablackruthven.org.uk

By Car

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

