



The tasters at the Bield stand alone. They give background to Capacitar and introduce several practices including:

- Tai-chi movements with visualization,
- Breath-work,
- Finger Holds for managing emotions,
- Emotional Freedom Protocol (tapping),
- head Holds.

Wellness Practices

These 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 healing and wisdom they can help others.



There is time for some background information and sharing, questions and comments.

These are simple but effective in healing and self-care. Developed by Dr Pat Cane, founder of Capacitar International, 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. (see www.capacitar.org for more information).

Facilitators: Capacitar trained Bield staff.

Booking information

Cost : £25

(Includes morning coffee. If you would like to stay a little longer, you can always book in for lunch, served at 12:30pm cost £15)

Please book through reception at:
Info@bieldatablackruthven.org.uk

or

01738 583 238

After booking, please pay cost in full.

Cheques & BACS are payable to:
The Bield Christian Company Ltd
Sort Code: 83-47-00
A/C 00100095

Please include surname as reference
Card payments can be made over the
phone.

Extend your stay?

**You might like to come to the Chapel
at 9 am or 5 pm**

**You might like to stay the night before
or after the retreat.**

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

Tel: 01738 583 238

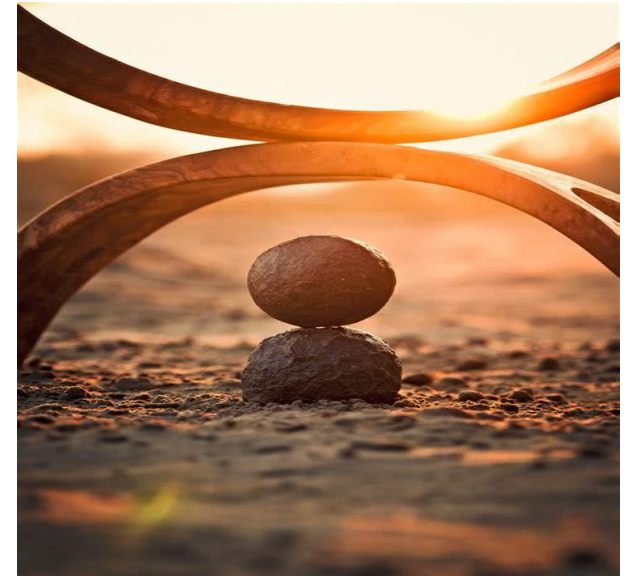
www.bieldatablackruthven.org.uk

Scottish Charity SC 027462



The Bield at Blackruthven

Bield at Blackruthven **Capacitar Wellness Taster**



19th February 10:00-12:30

**Facilitated by
Capacitar Trained Bield Staff**