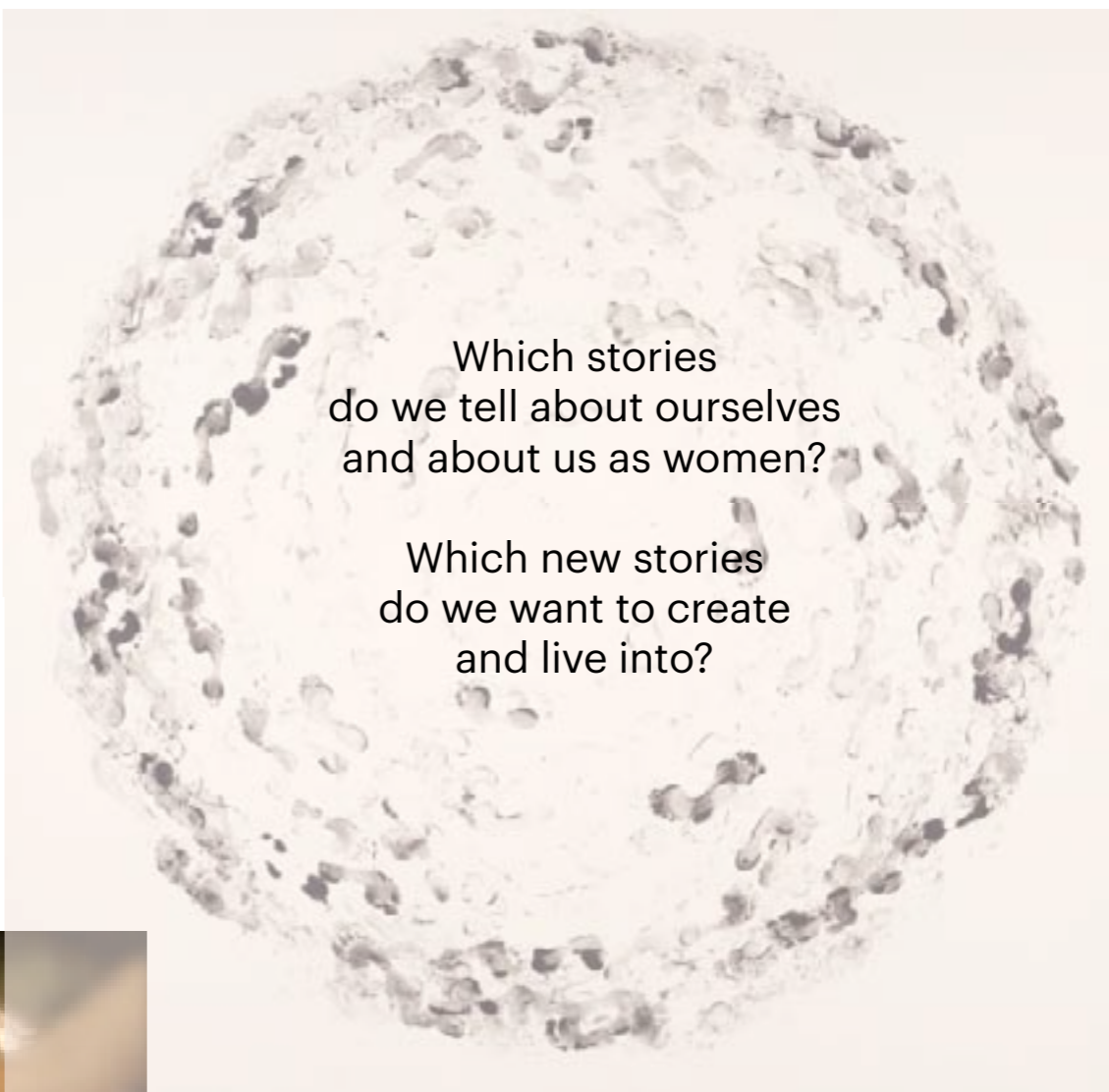


# WOMANITY

## WEEKEND RETREAT ON SAM SØ DENMARK

3.-5. OCT 2014



The WOMANITY JOURNEY is a global movement creating a new story about women with the world's women. The WOMANITY JOURNEY is a unique invitation to challenge and free ourselves from individual, collective and societal beliefs and ideas about who we are as women.

This is the first WOMANITY JOURNEY in Scandinavia. These workshops have been held twice in Pretoria (South Africa), and also in Cincinnati (USA), Andros, Eleuthera and New Providence islands (The Bahamas) and Vancouver (Canada).

In collaboration with one of the world's leading experts in the Narrative Practice, Chené Swart of South Africa, and a group of 15 other women, we invite you to explore life experiences and stories through conversations which can open up deep transformation. The workshop is grounded in the principles of Narrative Practice, which starts from the idea that each person is an expert in their own life stories. Together we co-create a space full of trust, openness and relieving insights to explore the alternative narratives around womanhood.

This weekend retreat on Samsø is a perfect opportunity to apply narrative practice in telling and writing our own stories as women.





#### DAY 1: LAMENTATION

We investigate the stories we tell about ourselves as well as those stories about women around the world that bring us sadness.

#### DAY 2: BODY

We explore the stories we have about our bodies and what effect these beliefs have or have had on us.

#### DAY 3: FREEDOM & ABUNDANCE

We liberate ourselves into abundance by authoring new stories which can help us shape the desired future of our own lives and women's history.





#### RETREAT TEAM:

Chené Swart. Workshop leader.  
Chené applies the narrative method and approach in her internationally successful coaching and consulting work. She is the author of the book, "Re-authoring the World: The Narrative Lens and Practices for organisations, communities and individuals". Read more about Chené and the Narrative practice on her website at [www.transformations.co.za](http://www.transformations.co.za)

Mikkeline Kierkgaard.  
Retreat organizer, KaosPilot.

Tanja Eskildsen.  
Food responsible, founder of the Health Academy.

Jara von Lüpke and Emma Mastad.  
Retreat "food angels".





#### PRACTICAL INFO:

Time: Friday Oct 3rd to Sunday Oct 5th 2014.  
Arrival Friday 13.00. Departure Sunday 18.00.

Location: A beautiful old farmhouse, newly renovated, near the water and forest in the northern part of the island. Accommodation is in shared rooms of 2-4. Bring your own bed sheets.

Meals: Our own chef and health expert Tanja and her two "food angels", indulges us with delicious organic food all 3 days.

Price: 2900 kr. per person incl. food, accommodation and the 3-day workshop. Payment at registration.

Program: There will be opportunities for joint yoga and meditation every morning. The house is situated in the most beautiful surroundings in the northern part of the island, so there is plenty of time and opportunity for walks by the sea or resting in the garden between the workshop parts.

Participants: We have space for 10-15 women.

Transportation: Transportation to Samsø is not included in the price. When all participants are registered, we coordinate with cars, so everyone has transport on the island to and from the ferry.

Language: The workshop is conducted in English but will honour the native languages of all who gather.

Booking: Latest Sept. 15th by mail: [mikkeline@me.com](mailto:mikkeline@me.com)  
Contact: Mikkeline Kiergaard, mobile 0045-27932844

Location:  
Geographically, Samsø is located in the heart of Denmark and the center of Europe. Samsø is intentionally known as the fossil free island - an inspiring example of creating a new desired story together. In addition, Samsø is considered to be one of Earth's energetic centres, which makes it an optimal frame for transformative processes.

