

**Maturing Men:  
making sense of life past 50**  
**A weekend workshop  
at Dunderry Park, County Meath, Eire  
with Alan Heeks and Ger Murphy**  
**June 15 - 17, 2012**

The maturing years are a time of huge change for most men, when their sense of self needs expanding and re-inventing. In this weekend, we will explore the issues, and how to face them. You will hopefully gain a fresh sense of who you are now, and how you want to ripen in the years ahead. There will be group time and solo time, indoors and outdoors, with support and insights from experienced facilitators a group of maturing men, and a magical setting.

**Alan** is currently writing a book for men beyond 50, and the weekend will draw on this material, such as processes to help you discover who you are now, who you want to be, clear issues, and form the skills to enjoy this life stage to the full. The guides for this weekend have wide experience of self-development and working with men's groups. They won't give you answers, but will help to steer the journey.

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Dunderry Park is a beautiful Georgian house in 24 acres of wooded parkland near Navan, about 1.5 hours from Dublin. The price includes comfortable accommodation in shared rooms, and high quality vegetarian food catered for us. For more information see [www.menbeyond50.net](http://www.menbeyond50.net).

The cost of the weekend is €285 including food and accommodation, concessions available.

For enquiries and bookings, contact Ger on [11germurphy@eircom.net](mailto:11germurphy@eircom.net) or 0866 049007 (from UK: 00353 866 049007)

## The Guides:



Alan Heeks

**Alan**, 63, is the author of 'The Natural Advantage' and has re-invented himself, his work and his relationships several times. He has been a successful entrepreneur, and is now an expert on sustainable living. After a 26-year marriage and two kids, he enjoyed a second adolescence in his fifties, and now has a settled partnership. Alan is a member of two men's groups, lived in a cohousing community for six years, and has led many groups on men's issues, finding life purpose, and knowing where your towel is. He is a widely experienced facilitator, including vision quests, men's groups and self-fulfilment at work.

**Ger** has worked as a psychotherapist for over 25 years in Dublin and has run an institute of psychotherapy training for over 20. His work is especially focused on bringing mind and body together, and in this regard he also practices as a teacher of yoga. He has a great love for dance and movement, which he uses in his work, and of the use of poetry as a gateway to soulful connection to ourselves.



Ger Murphy

He has been married for 30 years and has two grown daughters and is learning something about the depth of growth that relationship offers. In this he has a love of the path of Tantra and has found it enriching to his relationships and life. Countryside and wilderness are close to his heart having grown up farming in rural Ireland. Ger is an 'apprentice' elder.