

Men Beyond 50: Lost and Found

Opening New Senses and Vision Finding

A long weekend at Hazel Hill Wood :

April 26 – 29

Led by Alan Heeks, Robert Osborn and Chris Salisbury

The years beyond 50 are a time when many men feel lost, when the landscape of life changes so much that they have to re-invent themselves. This long weekend offers Nature as a guide and mirror: a chance to be physically and symbolically lost and found in a magical wood, as a gateway to new adventures.

We will use wilderness skills like tracker vision, plus storytelling and time in the dark to open new senses, both physical and unconscious. This will lead to a solo vigil: 12 hours alone in the wood, coming through the dark and the dawn, opening to a vision of your way forward. Your personal journey will be woven with times for sharing, support and reflection from experienced guides and the fellowship of other maturing men. We will explore the issues for men at this life stage: what it means to be an elder, finding spiritual purpose, fellowship trust and fun.

Hazel Hill is a magical 70-acre conservation wood a few miles from Salisbury. Accommodation is in warm basic wooden eco-buildings with small bedrooms and sleeping lofts, or camping, with hot showers and compost toilets. Group sessions will be in the beautiful main room, or outdoors. To deepen our sense of community, everyone is asked to help with practicalities of cooking food, clearing up and cleaning. For more information see www.hazelhill.org.uk.

Alan is co-leader of **Men Beyond 50**, a project offering events and resources to help maturing men to find themselves and gain the lifeskills to enjoy life fully and be of service as an elder. You can see more at www.menbeyond50.net.

The cost of the workshop is £180, including food and basic accommodation (4 single rooms available at extra charge). For more information and bookings please contact Simon Wyre on 07769 598141 or info@hazelhill.org.uk.

The Guides:



Alan Heeks, 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.

Robert Osborn is an Elder. He has been teaching in one form or another for 45 years, in both university and sixth forms, and also worked in theatre and community theatre for many years, mainly as a director. His spiritual journey began with Encounter, Bioenergetics, and his first Men's Group in the 1970s. With his partner of 30 years, Marta, he now runs Celtic Tantra workshops at Hazel Hill Wood, and has co-led several men's groups there. He is 67, with three children and two grandchildren.



Chris Salisbury, 47, is Director of WildWise, a leading environmental education group in Devon. He is also a gifted story-teller, with many years' involvement in men's groups. With a background in the theatre, a training in therapy and a career in environmental education he uses every creative means at his disposal to encourage people to enjoy and value the natural world. He has worked with Ray Mears and John

Rhyder, amongst many others. Chris is also trained as a [Be the Change](#) facilitator and offers symposiums for interested groups wanting to find their next steps forward in creating a fairer, more sustainable world.