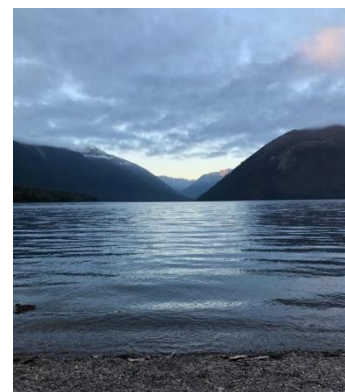




Invitation to Deep Nature Work for 2023

Deep Nature Work offers a unique way of personal growth in beautiful natural spaces where Nature as a teacher, mirror and nurturer invites you to explore and grow in an enriching environment.

Through our relationship and place in nature we find answers that may have eluded us for a long time. The small group size workshops foster beautiful community connections, creative aspects bring joy and lightness that fill you up.



Workshop Schedule 2023

	<p>16 – 19 March Mini Deep Nature Journey Walking the land to reflect our inner journey ahead</p>	<p>We open with an Autumn Equinox Mini Journey that works with forest, river, labyrinth and off track exploration to tune us into the calendar year ahead. This workshop starts on the Thursday evening and finishes Sunday afternoon.</p>
	<p>28 – 30 April The Power of Empathy Realising the true potential of our empathic abilities</p>	<p>The strength of Empathy is only slowly being recognised in our modern world. Through Nature we explore the different layers of perception which are guided by the heart, opening a deeper understanding where our true power lies.</p>
	<p>16 – 18 June Midwinter Transition and Celebration Navigating the order and chaos rhythm of life's journey</p>	<p>The solstice energy makes for an inspiring winter workshop that explores nature's rhythms and cycles as teachers and how we can apply this in our own lives. Gaining a joyful understanding of chaos as the cousin to creation to open new levels of potential.</p>
	<p>28 – 30 July Nature as Teacher of Self Care Building the foundations to enable us to care for self, others and our Planet</p>	<p>Alongside Nature's abundance and enduring ability to nurture, we explore our own levels of self care, self awareness and compassion. Allowing ourselves to become fully present in Nature brings an inner Presence that is deeply nurturing.</p>
	<p>1 – 3 September Spring: the Season of Unfolding Tuning into Spring to unfold our emerging potential</p>	<p>As the Sun is swinging back towards the North, the Earth is waking up and the new is unfolding. We tap into this energy to unlock and awake the sleeping potential within us. We invite our own budding and unfolding of this Spring.</p>
	<p>13 – 15 October The Beauty Way of Life An invitation walking in Beauty every moment of our life.</p>	<p>Indigenous cultures around the world recognised that if we tune into the beauty of the natural world, it can guide us to create beauty within and without in our lives with family, work and community. This workshop is very nourishing and fills you up with 'beauty ways'.</p>
	<p>16 – 19 November Deep Nature Vision Quest and Celebration A completion of 2023 through reflection and deep exploration on how to grow into the future.</p>	<p>Starting on Friday morning at Te Kaainga Tawhai Forest we spend a full day in Nature to reflect and learn from 2023; Saturday we prepare for a full night 'questing', allowing ourselves to be held by Nature as we listen on how to take our life forward into the next year.</p>

Further Information on Deep Nature Work...

Tailormade Workshops, Facilitation and Coaching

Deep Nature Coaching is a personalised, heart based coaching approach offered by Maria, interweaving Nature's magic with your journey of self discovery. Minimum 4 sessions for new people.

We also offer tailormade facilitated workshops for teams, leadership groups, young people and cross cultural settings. We can match our nature tools to themes like resilience building, team development, strategic planning, transition and change skills, and many more. Please get in touch with us to find out how we can best match what you are looking for.



How does it work....

Deep Nature Work is a blend of personal nurturing, developmental elements, nature activities, tools and reflections; all tailor made to the theme of each workshop. There are times working in a circle as a group, times for individual and pair integration and big chunks of time in Nature to gain insights, nourishment and connection. The standard workshops run from Friday evening to Sunday afternoon, with short walks that are achievable by most people. We can match physical challenges/ disabilities with adapted activities. For the journey a certain level of fitness and comfort in the outdoors is required.



Your Facilitators

Maria Deutsch has facilitated Deep Nature work and Nature Coaching for many years. She is great at opening connections between everyday life's journey and challenges and nature wisdom that can support us in these places. Maria is a qualified facilitator, coach and trainer and has been working with cross cultural groups for over 20 years.

Scott Nicol has been connecting people to nature for many years – as an environmental campaigner, as an outdoor instructor and as a passionate explorer of nature. Scott is a qualified facilitator and coach and helps people to work better together, to build their leadership potential and develop and grow.

Scott and Maria are guardians/ kaitiaki of 36 ha of native forest which they have cared for these last 29 years. This space is open as a retreat for renewal, learning and nature connection.



The Sites and Venues...

Most of our workshops are based in rented houses with full facilities and shared accommodation. From there we go out into beautiful and diverse nature settings of forests, rivers and lakes of Nelson Lakes National Park.

The mini journey and Vision Quest involve camping and are held at our covenanted magnificent Te Kaainga Tawhai Forest, bordering Kahurangi National Park. At times we offer 5-6 day journeys into the mountains.



Contributions and Costs...

We offer Deep Nature work to nurture people to grow into their shining selves and deepen their connection to our beautiful Planet. To make it accessible to people, we keep the fees for our standard workshops to a minimum, though we accept koha if you want to add it to the base costs. We have barter and payment options if the fee is unachievable for some reason – please get in touch if this is the case. Standard workshops:

- \$200 to contribute to venue hire, equipment, travel, etc
- Food to share with the community – we prepare and cook together, having lots of fun and yummy celebratory dinners.

For tailormade services please get in touch.

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