

Invitation to Deep Nature Foundation Workshop

30th April to 2nd May 2021

Explore the magic of deep nature work. A nurturing and gentle way to nourish yourself, grow towards your potential and gain tools to stay grounded in daily life .

Deep Nature Work offers a unique blend of nurturing and personal growth through interaction with our place in nature. The workshops are in beautiful spaces where Nature as a teacher, mirror and nurturer invites you to grow in a supportive and enriching environment. Small group size allows for beautiful connections, shared food, celebration, and creative aspects bring joy and lightness that fill you up.

Deep Nature Work mixes nourishing times in nature with development elements both in nature and in the venue. 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. For the Foundation workshop the walks are short and achievable. We can match physical challenges/ disabilities by adapting activities.

This workshop is our Introduction level where anyone is welcome to join our nature community.

Contact: Scott and Maria at koreromai@growingdialogue.nz 021-2349917 (Maria) 021-541962 (Scott)



Your Facilitators...

Maria Deutsch has facilitated nature coaching and deep nature work for many years. She is great at building connections between everyday life's growth and challenges and nature activities 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 also guardians/ kaitiaki of 36ha of native forest which they have cared for these last 27 years and have opened for renewal, learning and nature connection.



The Sites and Venues...

The workshop is based at a delightful venue with full facilities and shared accommodation (2 beds per room) near St Arnaud. From there we are going out into beautiful and diverse nature settings of forests, rivers and lakes of Nelson Lakes National Park. .



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 to a minimum, though we accept koha if you want to add it to the base costs. We also have barter and payment options if the fee is unachievable for some reason – please get in touch if this is the case.

We ask people to bring:

- \$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.

