



Shamanic Retreat

Isle of Wight 2005

With Wilbert Alix

East Dene Centre in beautiful and ancient Bonchurch, Isle of Wight, UK
August 30 – September 4, 2005

Here's your invitation... This Trance Dance-Vision Quest Retreat is a powerful 6 day exploration of shamanic spirituality and healing through dance, movement and various healing rituals in an amazing natural old world environment.



Wilbert Alix is a teacher with diverse cultural background and many years of experience exploring the contemporary application of ancient healing rituals. His passionate work blends modern science and ancient mysticism into powerful contemporary tools which radically transform the way we approach ourselves, psychotherapy, education, ecology, and resolving personal and cultural conflicts. With TranceDance & Soul Hunting he has introduced thousands to the mysteries which lie within Shamanism.

Wilbert teaches an extensive curriculum all over the world, and we are pleased to bring him to the beautiful Isle of Wight for this empowering retreat. Find more information about him at www.trancedance.com.

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East Dene and the Isle of Wight

The Isle of Wight is situated 4km off the South Coast of England in the English Channel. It is famous for its mild climate, its beautiful countryside, its beaches, its ancient heritage and its old world charm. Almost half of the Island is designated area of outstanding natural beauty, with stretches of Heritage Coastline and natural woodlands, heathlands and windswept hills offering a breathtaking experience of nature and a rich diversity of wildlife, especially of birds.



East Dene is a beautiful stone-built manor house overlooking the sea which retains a wealth of original interior and exterior features and dates back to before the 16th century. It is situated on the Undercliff, a large area of coastal landslip where a favourable climate has resulted in a unique semi-tropical environment. Its extensive grounds are set in a partially overgrown, tumbling landscape with huge trees and border directly onto Monk's Bay and the beach as well as the ancient church of Bonchurch, a place of worship since before Christian times.

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The Retreat

In shamanic cultures, "intelligence" is not limited to the physical brain... but is rather experienced in the entire body. By stimulating the body & mind simultaneously through sound, rhythm and breathwork, shamanic people make the connection between their outer and their inner universe. They "journey" to parallel realities, where solutions to seemingly unsolvable problems become available. These "visionary journeys" are legendary... and the basis for acquiring both personal and cultural wisdom. The Trance Dance/Vision Quest Retreat gives you the opportunity to communicate with your 'body intelligence', to address your current life questions and to access and promote your personal inner vision and growth through powerful contemporary ritual.



Schedule of Lectures and Rituals

Rites of Passage: The Mystical Stages Of Our Spiritual & Physical Evolution

Trance Dance: Entering Our Body/Mind Consciousness

Journeying For Power: The Spirit Animal Dance

Soul Hunting: Finding The Lost Pieces of Self

Mysticism and Dreamwork: Bringing the Pieces Together

Morning sessions will be TranceDance journeys (with an intro lecture) and will focus on entering our body consciousness. The journeys offer a deep exploration of our psyche and promote the transformation of emotional, mental or physical blockages. They stimulate the awakening/strengthening of our visionary powers and frequently unveil a deep 'inner landscape' of images and experiences ready for you to explore.

Afternoons are free and participants will have ample opportunity to process their experiences and explore the East Dene grounds, the amazing coastal area, the ancient sites, woodlands and hills or to visit the Isle of Wight's beautiful villages and castles.

Evening sessions will be devoted to TranceDance and special events such as Soul Hunting rituals, encouraging you to reunite with pieces of your self which you lost during traumatic experiences in your life. The answers received from these visionary journeys are frequently among the most powerful experiences in a person's life.

Accommodation is available in shared rooms (3-4 beds) and a limited number of private rooms (1-2 beds). 3 Meals per day are served in the historic wood panelled dining room in good English tradition with plenty of fresh vegetables, salads and fruit. Vegetarian and other dietary needs can be catered for on request. A variety of treatments including massage, Trager, reflexology, shiatsu and jin shin to round off your retreat experience will be available on request. The centre offers a heated outdoors swimming pool and immediate walking access to both amazing natural beauty and picturesque Victorian villages and towns.

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The retreat begins on Tuesday, August 30, 7pm and ends on Sunday, September 4, at 1pm (checkout time)

Registration Fees

Cost is all inclusive (6 days program activities, accommodation and meals), and places are limited. Register as soon as you're ready, early bird rates end July 15.

Shared room 3-4 beds: £448/€650 (if you register before July 15, £498/€725 thereafter) There is a limited number of **private rooms** (1-2 beds) available: £478/€695 (before July 15, £528/€770 thereafter). £150/€220 deposit is required to reserve your place, balance payable on or before August 30. Send a cheque and your details to Eva Wolfram; bank transfer information available on request. You will receive confirmation and detailed travel information.

Methods of payment

We accept cheques and bank transfers in £ Sterling or Euros
American participants can contact us with their credit card details

How to register

Make cheques payable to Eva Wolfram/Isle of Wight 2005
and send with your details to

Eva Wolfram
31 Madeira Road
Ventnor, Isle of Wight
PO38 1QS, UK

Bank transfer details on request. See phone/email below.

Travel Information to the Isle of Wight

The Isle of Wight is located just off the South Coast of England and is easily accessible from the major airports and cities. Detailed travel information will be sent to you after registration.

Any Questions?

Feel free to email Eva at TranceDanceUK@aol.com or ring on +44 7855 254 647

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