



Bodysurf Scotland Presents

THE GODDESS AND THE WHORE

March 6th-8th 09

Newbold House
Findhorn Foundation Community

Julie has been running workshops, moving and dancing as a spiritual practise since 1990. She is a SRhythms® teacher, director of Soulwave, a mother, a wife, a grandmother, a passionate human being striving to wake up and help others to do so in these times of great change. Her work is a tapestry, woven with the different approaches, teachings and experiences that have inspired her own healing journey.



Newbold House is a beautiful retreat centre in North East Scotland. It is part of the Findhorn Foundation Community and situated in the town of Forres. It is an idyllic place for the workshop, providing a sanctuary outside daily life and delicious food!

Due to the nature of this workshop we recommend residential participation.

Welcome back to those women who have taken the plunge before. Welcome to those inspired to explore the depths of our sacred and sensual womanhood in this way for the first time.

Embracing both our sexuality and spirituality is vital if we want to live to our full potential. It is our natural birthright to enjoy the gift of our body, the pleasure and treasures it gives us. We will renew our connection to spirit, and honour the divine mirror of the goddess in each one of us.

We each have our own place on this journey, our gifts and losses, our passion and vulnerability, the unique story that has shaped our lives. Together we will hold a safe, sacred and playful space; create ritual, ceremony and celebration to share our gifts, witness each other, spread our wings and let our hair down.

We will dance the SRhythms, inviting the dance of our wild, tender sexuality, and sacred connection to spirit. Embracing all of who we are, our vulnerability, passion, innocence, power, sensuality, shyness, playfulness, and creativity. The myriad of selves that united, make us whole.

Cost: £180-£140 (incl 3 meals); Residential: add £25 per night (B&B)

Timetable: Fri eve, Sat day & eve, Sun daytime until 5pm

Previous participation in at least one SRhythms class with an accredited teacher is a pre-requisite for this workshop.

To book: send full fee, payable to Bodysurf Scotland, The Universal Hall, Findhorn, Moray, IV36 0TZ, Scotland. Further information available from:
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