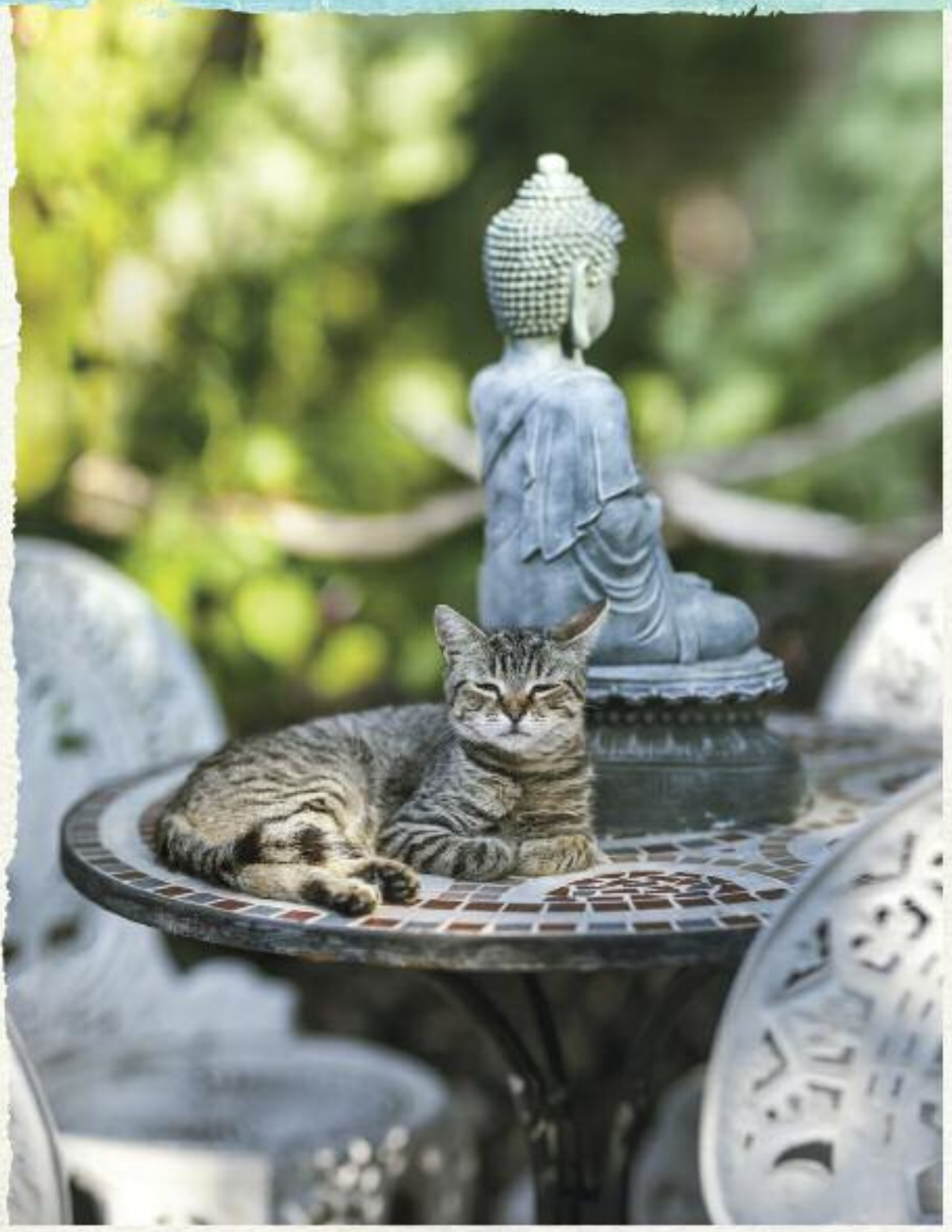




Melange II Retreats

at the Lammas Ecovillage, Pembrokeshire

Retreats to Re-Charge, Nourish & Heal your
Beautiful Being



Melangell is the Patron Saint of the natural world in Wales

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We welcome the spirit of Melangell and have named our land in her honour. Here at Maes Melangell, all our actions and choices are dedicated to developing and supporting a flourishing, abundant natural world.

We consciously create a food-rich, vibrant landscape providing the perfect backdrop for creative alignment, wholesome healing and a remembering of our natural, beautiful selves.

Giving yourself space and time to tune in to real nature - real life is essential in this fast paced technological world.

Come and BE!

TO BOOK CONTACT:

07745 291025

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www.hoppiwimbush.com

HOPPI's LINKS:

www.lammasearthcentre.co.uk

www.lammas.org.uk

www.flowerpowerorganics.co.uk



OUR RETREAT SPACE

When you come on Retreat

at Maes Melangell you enter a
peace-filled, natural embrace.

Our beautiful retreat cabins are naturally and sensitively furnished. Complete with simple kitchen facilities and beautiful views.

'The Retreat Space' has its own secluded fire pit so you can enjoy a campfire outside in the evenings in private. Kindling, firelighting material, axe and wood are all provided.

'The Healing Space' has a living kitchen conservatory planted with fragrant flowers and edibles for you to enjoy!



FACILITIES WE PROVIDE

We are committed to conscious energy use and resource awareness

We are completely off-grid and both spaces run with solar and hydro power. There is a shared, very clean composting toilet along with a shared solar/ hydro powered eco-shower.

Depending on the time of year we may have salad bags, organic fresh greens and a wide range of berries available for sale.

Please ask on arrival.

POSSIBILITIES FOR YOUR RETREAT

Come for a break to recharge your batteries in a myriad of ways. All are deeply nourishing, natural experiences.

You are welcome to join in with our in-house team with building and/or gardening (Thu & Fri only), and perhaps booking sessions to enhance your personal growth and deepen your Spiritual Connection - see possibilities at the end of this brochure.

Take space to enjoy our beautiful land with gentle walks through the woods, along rivers and tracks and perhaps explore further afield. Draw inspiration from the guide we provide in your space which cites all the magical places locally for you to visit. We recommend places to eat and things to do.

Choose between our Retreat Space or Healing Space, both have simple kitchen facilities and beautiful views. The spaces are available from the first week in May to the last week in October when our land is most beautiful and abundant.

Minimum stay 2 nights - special deals for 7 nights.
Arrival after 2pm - Departure before 12 noon.
Please note - the cabins are SELF CATERING.

OUR HEALING SPACE



The Healing Space, simple but cozy, is available for single or double occupancy.



The kitchen conservatory - simple cooking facilities and fragrant flowers and herbs for you to pick and enjoy.



OUR RETREAT SPACE

- Still being completed -
we are aiming to have it available by June 2018



CLEARING THE WAY

for Increased Wellbeing & Peace

Hoppi is the founder of the Lammas Earth Centre and has been healing and transforming lives for nearly two decades, working with Nature, Creativity, Emotional Intelligence, Cellular Healing and Spiritual Counselling. She is a licenced Spiritual Companion and teaches a Diploma Qualification in Practical Spirituality and Wellness, along with profound Life Transformation programs.

You are welcome to pre-book a two hour session to explore ways to establish a meaningful connection with life. Hoppi can facilitate lasting self-liberating experiences that leave you shining and crystal clear in authentic freedom within, clearing the way for you to live more lovingly, and with more presence and creativity. There are additional therapies outlined at the end of this brochure should you wish to create your own bespoke experience.

"I'm sat in such blissful peace and love, feeling totally humble and still. I feel SO much lighter and like nothing can bother me right now. Feeling very connected too - wow!!!! Thank you with every atom of my soul to Hoppi for being SO incredible and being the first person in my life to hold me safely so that I could trust, release and heal.

Sarah Dewar

LIVING A DREAM

Work with our Team

Tao Paul Wimbush is the founder of the Lammas Ecovillage. He has a wealth of experience in guiding people to create their dream lifestyle connected with Nature. With a solid background in architecture and carpentry and a passion for social structures, his experience in alternative sustainable communities is unique and insightful. He has presented the Internet TV series 'Living in the Future', and is author of the book 'The Birth of an Ecovillage'.

Tao has a gift for helping people connect with the land.

Thursday & Fridays are our plot care days and Tao will guide you to work with us and our resident team as part of your stay if you choose. You may be involved in garden care, orchard management, carpentry and building work. We start at 10 and finish around 6 and enjoy an easy working rhythm. We provide and share a beautiful lunch prepped from food grown in our garden and you would be so very welcome to join us... Just let us know.

ADDITIONAL HEALING EXPERIENCES

with Hoppi



..... Natural Mandala Creations

radiate out from a central starting place as a reflection of yourself. When used as an integrating tool, every leaf, flower and berry holds meaning for the journey you've taken during your retreat and how this ripples out into the world beyond the retreat space. We begin by foraging for leaves, petals, flowers, sticks, stones, etc.. that hold meaning and represent aspects of your journey. The creation of a mandala is a deeply satisfying practice and a source of delight and affirmation of your own radiance, symmetry and balance within.

..... Mantra Chanting

Healing Sound through Mantra chanting creates a deeply restful, spacious, harmonizing of your personal energy. In our mantra chanting session, we may chant a series of mantras that have been chosen to be relevant to your specific healing theme. We begin by learning the Sanskrit translation and its meaning for our own healing and then we sing each mantra chant for ten minutes followed by five minutes of meditative silence. Such a powerful sacred way to still the mind and heal the heart.

..... Meditation

This coaching session will give you a series of different meditation styles, moving meditation, sound meditation, sitting meditation and drawing meditation. This will open your eyes to the different ways we can enter the theta brainwave state for maximum health and wellbeing. Find the style that most resonates for you and begin to expand your practice.

..... Integrative Arts

This is a flowing journey through various art modalities and may include starting with a painting which is translated into a movement of the body or a sculpture. We may explore what sound that movement might make, or animate the sculpture into a story being told ...All the while, the underlying feelings will be welcomed to be felt and integrated. Integrative Arts is a very dynamic and deeply revealing process that enables us to see, feel, and hear our inner selves and this reveals fresh new perspectives and insights. There is absolutely no need to be artistic to explore in this way. The process unfolds with the guidance of Hoppi Wimbrush, who has a foundation training in Integrative Arts Psychotherapy.

..... Holding Therapy

When a deep emotional clearing has happened, being held physically and intentionally is the most powerful and exquisitely loving thing to receive. It is in the receiving that the healing takes place. Residual emotions are given space and loving acceptance to flow and be released, all the while, a tender, loving embrace creates the cradle. This therapy often starts with holding hands, or feet or a gentle stroking of hair and face. This recreates an infant experience of the mother archetype and is very powerful.

TESTIMONIALS

“ The anger is gone! I feel so free, I don't react. Instead I can see him (my boyfriend) as opposed to being consumed with my own pain and full of blame. All the resources we "planted" are here. I love unconditionally, I have acceptance, I have the ability of letting go, I love myself (!) I really do, I see my own worth now. ”

“ I never thought I would get to know how it feels to be free from all the pain I had inside. The jealousy is also gone, it went at the same time as I started to really see myself, I think. Self love proves to be the answer. ”

“ Hoppi is 100% authentic; she holds a space of such safety, honesty and love that she enabled me to look at past traumas, griefs and fears and helped me to have trust in the journey process, which is empowering as I have learnt to remember how to tap into my own healing wisdom. ”

“ I left my retreat with an overwhelming sense of peace, and I am still feeling the ripples of transformation taking place weeks after having left. ”

I have just returned from a four day healing retreat with Hoppi Wimbush and I finally feel like the person I was always meant to be.

“ Hoppi's love, guidance and care through the process is immense. To Let Go in a place of such trust and safety leads to Complete Freedom. ”

“ Tao is an inspiration. He supported us to turn our dream into reality with a very realistic approach. He helped us discover what was possible and with his wealth of knowledge and experience. He gave us the information we needed to vision our One Planet Life, get planning permission and live on our land. ”

“ Tao helped guide us to find our land, gave us such valuable support and encouragement. He helped us visualise how we could make our dreams work in realistic, practical ways and we now are living our dream, with planning permission in our dream home. ”

This brochure and the graphic work for our website was lovingly created by Simone Meyer - a talented pure heart.

