



WILDERLANDS

Welcome to Wilderlands

Wilderlands is a new project that promotes rewilding the land, but also people. It is inspired by nature, by the well being and beauty of falling in love with the wild.

Each weekend is an invitation to be at ease and relaxed together for a few days in beautiful nature. Our lives move so quickly, with something always to do — but, here, the aim is to leave the stress and hassle of everyday life behind; to relax into being in nature, being at peace, and being present together in this moment.

In unity, let us take time to be in love with our wild beautiful Earth that we call home. This land is a beautiful place, where the forests and wild meadows are brimming with life. If you watch and listen carefully you might hear the owls, or the call of crow at dusk, or the dawn chorus: and you could see the swoop of bats, the gliding of swallows, hobbies, red kites, or buzzards. And will you discover the deer secretly roaming through our ancient forest?

In essence, we are here to celebrate together. We are looking forward to a wild and beautiful weekend. We offer workshops, talks, music, stories and inspired learning in the hope that we each find our own unique exquisite offering that benefits all beings. With this in mind, Wilderlands is not a place to come and escape the world but is, instead, a place to *become* part of this natural world.

Here is an opportunity to let go of the need to be anybody, and to rest your body and mind in the splendour of Nature — remembering that the greatest gift, the greatest miracle, is simply the wonder of Life itself. We are here with our fantastic crew to make you feel at home in Wilderlands. Every team member hopes that you will have a wonderful time, and that we will meet again and again. Feel free to ask any member of the team if you need anything.

To find out more about what Wilderlands does apart from wild weekends visit:

www.wilderlands.co.uk

Down under the Oak tree there is the wonderful Vegan Red moon Roots organic vibe cafe in the field, serving delicious meals, cakes and more. There is an Ethical Clothing Boutique, selling beautifully crafted, raw cotton and wild wool clothing for men, women and children. Supporting small families of hand-makers in India and

England. Opening Friday : 4 - 9. Saturday : 1 - 3 pm / 6:30 - 10 pm. Sunday : 12 to close

Simon Summers will be making a ceremonial mask of a Lynx in his Oak Clan Forge over the weekend as part of our rewilding project. Simon is a Heritage Blacksmith, Consultant and Experimental Archaeologist specialising in Celtic (Iron Age) La Tène Culture Repoussé and forge works. Simon is a Tutor of Ancient Iron Age Repoussé and Forge Works, Iron Smelting, and related subjects.

Simon's research is focused on unlocking the meaning and the history of the artworks in early metalworks created by ancient Britons, Gaulish and Celtic smiths. He researches the shamanic roots of the Celtic religion and belief systems which honoured animal and human life, as well as the afterlife, the earth and the greater universe around us all - around us then and today.

Metal objects from the Iron Age were practical and functional objects varying from jewellery to tools, weapons and items used for divination. Not only were they decorative, sacred, ritualistic and ceremonial treasures, such as; shields, masks, cauldrons or vessels, knives, swords and bronze mirrors etc. The creation of these objects was immersive, entwined with clear intention, respectful and embedded with understanding coming from a primal source, through using raw materials, such as metal ores. Born through the journey of alchemy these objects transformed from intention to workable and tangible solid metals. Such objects could then hold great significance and therefore honoured with ceremony and were either prizes processions in life, and the afterlife as burial goods or given as offerings of treasurable value to waters or the earth or to ancient Gods.

At the top of the meadow there is an info tent called Badger's Den. There are facilities for making hot drinks – tea, coffee and hot chocolate. There are snacks available including fruit, vegan and Gluten free varieties, plus Wilderlands T shirts, Charcoal for BBQ's. We also offer the following:

Phone charging (For a fee), First Aid, General Welfare

Lost & Found Property, Information, Programmes

Safeguarding for Found children (enhanced DBS & Safeguarding)

A quiet/safe place to sit either in or outside.

Hot water etc will be available from 8am until close – between 6-8 depending on how busy it is."

There are six workshop spaces: "Tiger's Nest", "Wolf Clan Cave" "Lynx's Lair" Kestrels Camp, Foxes Den, and Wise Owl woods. There are also compost loos, showers, a safe BBQ area and lots of space to camp. The estate is beautiful. Please make sure you go out to explore the woods, including the stunning giant Sequoia

forest, and ancient rocks.. Make sure you bring cushions and shawls to workshops in case you want to fully submerge yourself in this moment.

There is the wonderful Missing Link Brewery across the field, which sells great crafts beers, soft drinks, delicious ice creams, doughnuts and more.

There is also The Enchanted Glade spa down in the Sequoia grove, offering massage, hot tubs and a sauna.

Covid:

On a practical level, we ask that you please read our covid policy on the website and respect everyone and their own boundaries. Give people space, please wash your hands and clean toilet and showers after use, to respect the next person coming along. There are no more than 30 people to gather at any one time until June 21st, Please respect this.

Rubbish: We ask that you please take home any rubbish that you bring or create. Our policy is to leave no trace and be aware of what we use. There are bin liners at Badger's Den and at the gate. Everyone here really, really appreciates your help with this.







Friday

Arrival from 4.

7-8

Meditation with Timaeon @ Tigers Nest

8-9

Story around fire @ Wise Owl Woods

with Anu + Timaeon

9

Music around Totem Pole with Theo Bard

Saturday

9.00 – 10.00 am

Qigong with Simon **@ Wolf Clan Cave**

No nonsense: as close as authentic as you will get! Exercises to support health, plus martial arts and meditation

Meditation with Timaeon @ Tigers Nest

10-11.30

Bird Language with Thomas @ Wolf Clan Cave

Discover the secret language of birds, how to interpret their calls and behaviour and how we can cause fewer disturbances in Nature and increase our animal encounters. This knowledge can translate into any natural environment .

Forest bathing with Emily @Wise Owl Woods

A gentle, immersive walk under the canopy of trees, inviting to ground yourself in your body and senses, inspiring opportunities to connect with nature and to each other. Forest bathing combines the wellbeing benefits of mindfulness with the restorative power of nature. The practice originated in Japan in the 1980's in response to the rising public health costs of city lifestyles. The research outcomes for physical and mental health were so impressive, forest bathing is now a key part of Japan's 'NHS.' Forest Bathing is gaining recognition in the UK, with the recent publication of peer reviewed research from the University of Derby, and green prescriptions for Forest Bathing being trialled.

What to wear: Long sleeves, long trousers, socks and comfortable closed shoes that can get muddy or wet. We will be walking in cooler, shaded areas under trees, so you can easily get chilly, even on the hottest of days.

What to bring:

- Waterproof groundsheet or mat (to sit or lie down)
- Small water bottle/flask (with water or herbal tea)
- Rain jacket/sun hat (depending on weather). Rain can offer unique forest bathing benefits
- A couple of extra warm layers

Toddlers area with Iona + Jo / Phoebe + Jess

@ Lynx's Lair - Stretch tent

Fun, games, face painting, glitter (all eco friendly/biodegradable)... plus a clothes swap - come and share your clothes, shoes, jewellery, bags; and gain a new item in return! (If you would like an item but do not have anything to swap, please leave a donation towards the Wild Weekend project.)

11.30

Holotropic Breathwork with Timaeon @ Tigers Nest

Holotropic breathwork is an experience that can bring you into a deeper dimension of the present moment - a therapeutic breathing practice that is intended to help with emotional healing and personal growth.

Natural playdough workshop with Jasmine @ Foxes Den

Cook up some playdough and colourings from natural non-toxic materials and have fun playing!

Toddlers area with Iona + Jo /

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11.30-1

Rewild My Soul with Catherine Eade (1.5-2 hrs) @ Wolf Clan Cave

This ecotherapy taster workshop blends nature appreciation with mindfulness and creativity. Brighton-based facilitator Catherine brings a deep reverence for and love of nature to her workshops to help people reconnect deeply with their environment, leaving them restored and revitalised. A Rewild My Soul workshop is less an escape, more a return to feeling 'at home' in the world.
(Adults and teens)

1.30-3

Prehistoric pottery with archaeologists at Old Stone Heritage Studio @ Wolf Clan Cave

Craft your own prehistoric pottery! Using ancient skills + materials, this child-friendly workshop will be hands-on and a chance to try some fun experimental archaeology. Open to children aged 5 - 15.

Moving with Mugwort with Claire @ Tiger's Nest

The session mixes intuitive herbalism and sensorial awareness to get to know a medicinal herb called mugwort. You will be invited to tune in into a more subtle way of perceiving which extends beyond a human centered perspective. The session will start with a gentle landing into your own body and its present condition through simple body and sensory exploration in order to open your awareness to the plant world. You will then be guided to connect with mugwort through a sensorial and experiential tea tasting in which you will be encouraged to slow down and really pay attention to how your body is receiving the plant by practising deep listening. You will be encouraged to respond to mugwort and dialogue with it in movement giving space to the non-verbal. We will move and witness each other's response to the plant as a group. Please bring your own mug if you can.

2-3.30

Tracking with Thomas Schorr Kon from Trackways @ Wolf Clan Cave

Learn ways to see the world with curiosity, awe and reverence; to see the complexity and simplicity of the natural world at the same time. Experience the time-honoured techniques of learning to read the landscape to locate animals and their lives, often hidden to us, but unfolding concurrently with those of humans.

Archery with Golden Lotus

(please accompany children under 16)

Archery is the art, sport, practice, or skill of using a bow to shoot arrows. ... The word comes from the Latin arcus, meaning bow. Archery, or the use of bow and arrows, was developed by the end of the Upper Paleolithic or earlier. Archery has been an important military and hunting skill for over 10,000 years and figures prominently in the mythologies of many cultures. [1] Archers, whether on foot, in chariots or mounted on horses. Archery is also an excellent practice of presence and mindfulness, helping to create a clear sharp mind being clear about ones aim in life. Can you shoot with no mind?

3-4.30

Wild Poetry with Oliver Bettany @ Tigers Nest/Stretch Tent

Connect with the land and with your wild, creative self in this gentle and soulful poetry workshop. When we are able to experience a poem as simply a way of connecting with the everyday poetry of our one wild and precious life then we can understand that we are all poets with something unique and valuable to say.

Come and be inspired by the wonderful poetry of Mary Oliver and David Whyte and then spend time alone with your playful, curious and magical self exploring the woods. Return to write the story of your experience in the form of a poem.

This workshop is appropriate for anyone above 11.

Please bring your own pen and paper!

Foraging with Karl

Meet @ Totem Pole

Come and join me on an adventure through history, folklore, herbalism , foraging, food and health. Having just finished my new book "Seven Plants to Save the World", the walk/talk will focus on these plants (nettle, dandelion, yarrow, plantain, cannabis, hawthorn and blackberry) being as they are Human Plants - plants we have evolved on and whose present neglect, combined with a broken agricultural and food system has exposed us to the diseases of civilization (cancers, heart disease, iatrogeny, obesity, diabetes, depression, dementia, neurological dysfunctions and more). Discover how these 7 plants can actually enact a reformation of our corrupt and unsustainable cultural systems, from health, economic to industrial. Some may call it revolutionary, some a reconnection to Mother Earth.

4.30-5

Macrame workshop with Faustine (maximum 10) @ Foxes Den

Macramé is a versatile form of fibre art that uses hand made knots to create decorative textiles from simple materials such as cotton, hemp, and twine. This is an opportunity to learn some of the basic knotting techniques and put them to use crafting your own piece of macramé art. This workshop will open up a world of creativity giving you new found skills to take away with you and set you off on your Macramé journey.

Toddlers area with Iona + Jo / Phoebe + Jess

@ Lynx's Lair - Stretch tent

Fun, games, face painting, glitter ... plus a clothes swap - come and share your clothes, shoes, jewellery, bags; and gain a new item in return! (If you would like an item but do not have anything to swap, please leave a donation towards the Wilderlands project.)

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5-6.30

Awakening our feral bodies with Claire - meet @ Totem Pole

The session will explore how we can become more aware of how our bodies are conditioned and limited by social and cultural norms in order to reclaim our feral bodies and our connection to nature. We will explore how this starts with becoming more aware of one's body sensations and habits, the environment, its specific ecological makeup and how we are always in dialogue with the environment we're in whether we are aware of it or not. We will open our awareness to different ways of moving and non-verbally interacting with the world which challenge human conditioning. You will be invited to interact directly with the environment around you and explore your 'edges' in order to awaken your feral side.

Supper 6.30 - 8

With Pizza van near Badgers Den We also have three large barbeques for all - Vegan, Vegetarian and Meat - with three large tables for food preparation. Please feel free to bring food to barbeque, or just bring what you'd like to eat so that we can all come together to eat as a community - all welcome

8.00 - 9.00 pm

Wise and weird Stories around fire

@ Wise Owl Woods

9.00 pm onwards

Music around Totem Pole

LLoyd Williams

Folkadelix

Sunday

9.00 - 10.00 am

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Meditation with Timaeon @ Tigers Nest

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Archery - with Golden Lotus

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10-12

Breathing through your feet with Alistair (2 hours, from age 14) meet @ Totem Pole

Come away to a hidden, magical glade, a short walk from the camping field. There you will learn practical techniques to cultivate a greater awareness of both the natural world, and your own inner world. And a greater sense of presence and wellbeing. We will modify traditional indigenous tracking techniques, and awareness and breathing practices, to take us on a journey into a deeper, embodied and sensuous connection with nature. You'll experience the world around you in ways that you probably never have before! There'll be time to reflect of these experiences, discover the neuroscience behind them and how to apply them in nature and in everyday life.

11.30-12.30

Doll/puppet making workshop with Jasmine

Crafty recycled bits and bobs dolls.
Little wooden dolls made from recycled materials.

Stone Age Sickles with Old Stone Heritage @ Wolf Clan Cave

Explore the technology of the Neolithic with Old Stone Heritage Studio and assemble your own Neolithic sickle. Using traditional materials and techniques, create a versatile and functional foraging tool and learn about the lifeways of the very first farmers!

Places are limited to 15 max. on a first come, first served basis and the workshop is open to anyone aged 15+

Archery - with Golden Lotus

(please accompany children under 16)

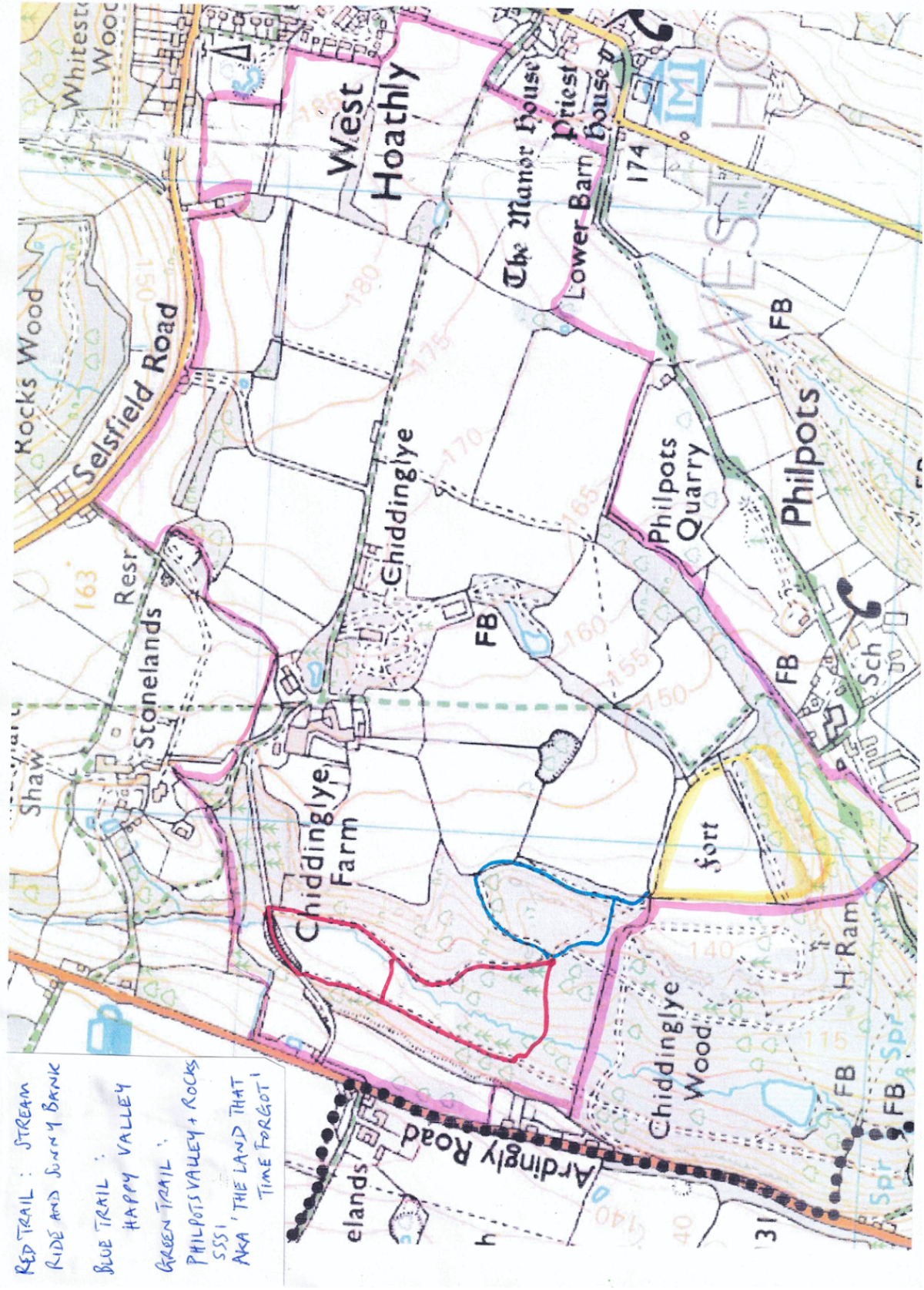
12.30- 2.30

Falcon Display - Sky Birds of Prey @Totem Pole (times may vary depending on birds - please be mindful of their needs!)

Meet Eagle Owls, Falcons, Hawks and more in this beautiful display of one of the oldest relationships between human and feathered friends. Ever wondered what it's like to be a Falconer? Get an insight into the beautiful world of falconry. The practice is believed to have its origins either in Mesopotamia, in the middle east, or in western Mongolia, in Asia about two thousand years before Rome became an empire! Though thought to have its origins as a practical form of hunting to provide food, falconry later developed into a noble pursuit.

Lunch and time to explore the woods until we close

More TBC check at Badgers Den tent for any updates...



RED TRAIL : STREAM
RIDE AND JUMPY BANK

BLUE TRAIL :
HAPPY VALLEY

GREEN TRAIL :
PHILPOTS VALLEY + ROCKS
SSSI
AKA 'THE LAND THAT
TIME FORGOT'

MAY ALL BEINGS BE HAPPY!

