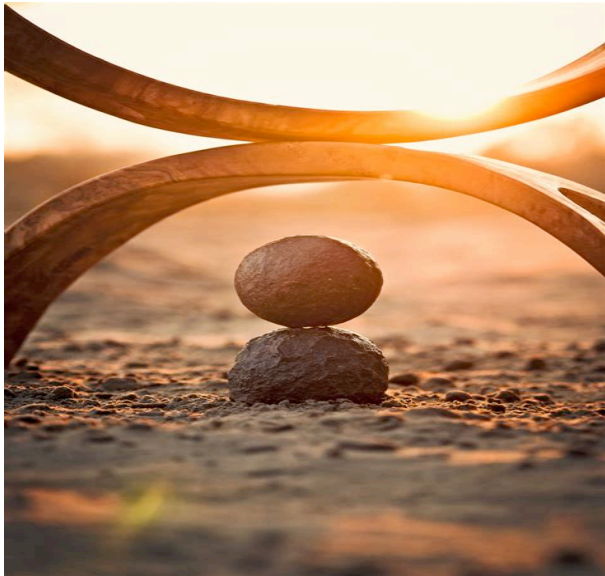




The Bield at Blackruthven

Bield at Blackruthven

Capacitar Wellness Tasters



Facilitated by

Capacitar Trained Bield Staff



The Wellness Practices developed by Dr Pat Cane, founder of the organization Capacitar are simple but effective in healing and self-care. They cover gentle body work and mindfulness practices gleaned and adapted from various traditions. The practices have been used with a variety of people and groups and within different cultures. In a Christian context they can be offered as body prayer and Christfulness (see www.capacitar.org for more information).

The practices help transform stress and pain deriving from illness, violence, and the stresses of daily life and open the individual up towards greater wholeness and wellbeing. As individuals get in touch with their own source of healing and wisdom they can help others.

Facilitators: Capacitar trained Bield staff.

The tasters at the Bield stand alone and give background to Capacitar and introduce a number of practices including:

Tai-chi movements with visualization, Breath-work, Finger Holds for managing emotions, Emotional Freedom Protocol (tapping), head Holds.

There is time for some background information and sharing, questions and comments.

Taster Session Dates

Sun 12th March 2023 – 2pm – 4:30pm

Sat 6th May 2023 – 10am – 12:30pm

Sun 8th October 2023 – 2pm – 4:30pm

Cost: £15

*You may wish to also book in for lunch served at
12:30pm cost £11*



Please book through Muriel at:

**info@bieldatblackruthven.org.uk
or 01738 583 238**

After booking, please pay the cost in full

*See web site for Cancellation Policy
Card payments can be made on the phone.*

BACS are Payable to:

The Bield Christian Company Ltd.

Sort Code 83-47-00 A/C 00100095

*Please include **Surname as ref***

www.bieldatblackruthven.org.uk

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Tibbermore, Perth PH1 1PY**

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