

Barefoot healing

Tipi Retreat

In the Surrey Sussex borders



www.shanegadd.com

Simple truths for the modern world

Our Ethos.

For those of you to not have come across our retreat experiences here is a insight to its history and its whole ethos.

What better way of getting in touch with Mother Nature than being surrounded by her night and day. Spend your evenings sitting next to a glowing log fire, looking at an endless sky of stars - there are literally thousands on a clear night - and waking to the sound of bird song, with spectacular views of the Surrey countryside.

The woodland itself consists of a retreat space and a smallholding of 10 acres situated on Surrey / Sussex border , the wood is an ancient woodland. There has been a wood on this site since at least 1600AD.



In Medieval times the land was situated amidst an area known as Stonehurst Park, which was a hunting park on the Surrey/Sussex borders. Today the wood is a haven for wildlife, including deer, which roam freely. There is mature oak, beech, hazelwood and ash. During the spring there is a magnificent display of bluebells. The wood extends to about 9.29 acres (3.76 hectares) and is defined by a narrow stream on the eastern boundary. Woodlands are a place of tranquillity and inspiration.



England has lost half its ancient woodland since the 1930's. Just five percent of England is covered in native woods - making the country one of the least wooded in Europe. Trees are a legacy for future generations and such woods are therefore considered to be good long-term investments.

. The Tipis's and bell tents are located deep within the woodland with meandering pathways, benches where you can while away the hours . The tipis and bell tents are in the woodland in their own landscaped terraced area surrounded by nature.

The land ranges from a newly planted orchard and kitchen garden to old pastureland to woodland and has a large variety of wildlife. Many bird species been seen here making it deal for bird watching.

Anybody who fancies a break from the norm, young or old, experienced tipi or bell tent dwellers, or those who are just looking for a completely different experience, are very welcome. The space is dedicated to growth, with regular sweat lodges , full moon fire ceremonies , and vision quest , as well as bush craft and herb and foraging experiences .

This is a quiet location, well away from busy roads, so if you're looking for a relaxed alternative experience , far from the hustle and bustle of everyday life, then you need look no further -

The care taker and guardian of the Land is William Gadd, most of his life he has worked and lived in harmony with the land , from a boy working within the wood and forestry industry to running a successful landscaping business , picking up many skills form along the way , many of which were passed on from the old woodsman , such as charcoal making

and coppicing, and now his wide experience of Shamanism and holistic health . The woodland is in quite an isolated location and the nearest electric supply is over half a mile and a hefty price so the power supply. wind, sun, water?

Showers

Whilst there is showers our showers are a precious commodity , if we can be mindful that there are a large group of us sharing the space also with others over our time at the retreat.

We have always encouraged people to be mindful of time used in the shower and water usage . We have always encouraged people to use the tipi to change and get dry and the shower to shower , where you can and where you feel comfortable to. Another good point we have learnt from living in these environments and at Druid camps is to not all shower at the same time each day as we would at home , try to break your routine where possible it stops a high demand on time and resources.

Car Sharing

We try to honour the green way and be as ethically minded in our approach, and the way we interact with lords wood.

There is limited car parking space,. We have always encouraged car share, and would be grateful for all of you to come together , to share and support one another in transport. this has many advantages from sharing costs , company and of course importantly reducing carbon footprint. Each little action can have a big affect.

Working as a tribe community living.

Over Time we have come to realise the importance of living and working together as a tribe. To help one another and to share the way we live in and around our time together.

We often encourage the tribe to share cooking , we have over the years given you a night where you could cook a meal for each other, we encourage a group of two girls to cook each night , this allows us over the retreat to share the cooking and work, bringing us together as a tribe. All food and ingredients included , we just ask for your flare and love

creativity in cooking, and of course washing up too.

There will be tea/ herbals / Coffee and refreshments for break times and free time , please do not wait to be offered , please help yourselves . Please feel free.

We advise you to bring bottled water.

Safety

We will be living and working with fire over time please take time and be careful as we live and sleep amongst and spend our time around the fire.

The same applies for our tipi with fire and tea lights please be careful and keep safe.

This brings us on to smoking for a long-time now we have tried to honour our central communal fire in and outside the lodge. As a sacred space , in not throwing rubbish or cigarettes on our ancestral fire space.

There are sand buckets provided.

What to bring

Please take time to read the list of what to bring importantly , this will make your stay comfortable , and more relaxed.

Please feel free to bring in wall hangings or any other fun things to decorate our tipi space, as well as things for our altar , photos stones ect., any sacred items , including a staff for our sacred walks , a drum , and importantly a large comfortable cushion for our meditation time. Blankets , picnic Blankets.

Please bring sketch pad pens note book and dream list , images from magazines ect that bring the essence of your dreams .

Goddess Night please bring and think about dressing up clothes / outfit an image if it be a pink fairy or a nature spirit , a animal spirit or a full on goddess , have fun be colourful be all that you can be. Be adventurous.....

Importantly bring yourself have fun have an adventure . Use this time to reflect, recharge , gain support and enjoy ,using the retreat time wisely.

Bedding (essentials)

- ___ Pillows
- ___ sleeping bag/ Duvet

Clothes

- ___ t-shirts
- ___ shorts
- ___ 2 x lightweight cotton walking trousers
- ___ socks ___ underwear
- ___ boots
- ___ flip flops
- ___ hat/cap
- ___ 2 x sweater and a fleece
- ___ rain poncho/ waterproof coat
- ___ swim suit
- ___ laundry bag

Personal Hygiene

- ___ tooth brush
- ___ tooth paste

Essentials

- ___ books to read
- Drawing pad and coloured pens
- Diary / journal

First Aid Kit

- ___ personal medication
- ___ aspirin etc
- ___ antiseptic wipes
- ___ sunburn lotion
- ___ scissors
- ___ tweezers
- ___ eye wash
- ___ sanitary towels etc

Miscellaneous Items

- ___ binoculars
- ___ bird guide
- ___ bug spray
- ___ camera
- ___ flashlight
- ___ pen and paper
- ___ shower bag

We are individual

Please be aware between us there is a wealth of knowledge , each one of us ,as we sit at our hearth / fire there is a array of love , beauty , different personalities , different strengths and weakness within our tribe .Please remember there will be times of possible emotion , change of moods within the camp.

Any annoyances will have a reflection a mirror, mirroring back at you. So any difficulties please share and air and give it the space to heal.

I hope to each day hold a talking stick circle a space to share , heal , laugh cry and a space each day that gives us the time to share how we are, and where we find ourselves that day.

Other important news

Anyone wishing to purchase a genuine welsh pure wool poncho for your retreat and sitting around the fire , we now are able to stock these , £45.00 , various colours , ideal for sitting around the fire , full moon walks and sabbats and for the colder darker part of the year.

Please contact Corinna for details and to order

The Indian prayer

Treat the Earth and all that dwell thereon with respect

Remain close to the *Great spirit*

Show great respect for your fellow beings

Work together for the benefit of all Mankind

Give assistance and kindness wherever needed

Do what you know to be right

Look after the well-being of mind and body

Dedicate a share of your efforts to the greater good

Be truthful and honest at all times

Take full responsibility for your actions

Love and beauty to you all *Corinna*