The Findhorn Foundation presents
TRANSFORM
AN ANNUAL MAGAZINE
2020 EDITION

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who we are

The Findhorn Foundation is an international living laboratory for transforming human consciousness

we welcome you to join the ongoing exploration

We aspire to bring three core principles into everything we do:

LOVE in action
INNER listening
CO-CREATION with nature

For however long you come, you will be part of this unique spiritual community, taking part in our daily life and practices. Our service is to provide transformational learning to people from around the world. To really serve, transformation must be a process that includes all inner and outer levels. Therefore our educational work engages people’s spiritual, personal, social and ecological dimensions.

The Findhorn Foundation
The Park, Findhorn, Moray
IV36 3TZ, Scotland
bookings@findhorn.org

findhorn.org
Scottish Charity Number SC007233
In the late 1960s, Eileen Caddy heard instructions in meditation to build seven cedarwood bungalows on the site of the then-tiny Findhorn community. Listening to the God within was the founding impulse that brought the original group together: Peter Caddy took out a loan and built seven houses.

Not long after the paint was dry, people came from around the world, purchased the bungalows and launched the community into a phase of rapid expansion. Peter was able to pay off the loan and today the bungalows still stand where he placed them.

This kind of manifestation was common in the community’s early days. As people listened within and acted on the guidance they sensed, the right materials and people manifested at exactly the right time. These occurrences happened so often that the community embraced the motto *Expect a Miracle*.

Now it is time to let these bungalows go. They have survived decades beyond their expected lifespan, and they are worn out. Their non-sustainable design is no longer appropriate as the community’s principle of co-creation with nature has led us to become a pioneer of the ecovillage movement.

**Design by Group Attunement**

The emerging vision for new guest houses touched me while I was meditating to prepare the space for our Co-Creative Spirituality Conference in 2018. I sensed a clear request from the spiritual presences that held Findhorn to propose a fundraising campaign for new guest houses. After this happened many times I decided to say yes. But it seemed a little crazy. I was not aware that the Foundation was even considering building new guest houses at that time. It turned out that Iris, my former housemate who was holding awareness of Foundation buildings, had also tuned into a vision for rebuilding the entire Park site.

Iris soon found an architect, Tom Raymont, who had grown up in Findhorn and uses co-creative principles in his work. Groups of meditators began to walk around the site of the seven bungalows, inviting input from the plants, the land and the non-physical partners of the place. They shared their inner listenings with Tom, who incorporated the attunement into his designs. A rhythm of meditation, sharing and integration emerged as we wove new forms.

**The Plan**

The plan that evolved from this process includes five seed-shaped guest lodges and two buildings with meeting, office and work spaces. The energy-efficient, eco-appropriate buildings will invite contemplation, connection with nature and a sense of community.

When I inwardly connect with the essence of the emerging guest houses, I feel an extraordinary sense of joy. I sense sacred spaces that foster wholeness and connection between people and communion with the other realms of life. I sense places built to express love for all life, places that can support people who are stepping into new possibilities. Challenges like climate change, political uncertainty and accelerating social changes are asking us all: how can we build a future that is good for people, our planet and all the beings who share it?

For decades, the Findhorn Foundation has answered this question with learning programmes. Now we are also trying to answer it with bricks and mortar.

Find out more and be part of building the next step: findhorn.org/transform
We share emotion and meaning through storytelling, movement, visual art and many other techniques. Following the intuitive flow of creation in the present moment, we open to our inner selves and to spirit.

Arts and crafts have been integral to the Findhorn community from the beginning. Well over 100 committed artists now live locally, working in a wide variety of art forms including pottery, dance, singing, drawing, painting, stained glass, storytelling, weaving, sculpture, theatre and writing.

Started in 1994, Essence of the Arts in Community (EAC) is a three-month residential programme that integrates practice with a variety of art forms into community life, along with participation in the Foundation’s service departments.

EEAC will be offered again from October 2020 to January 2021.

In EAC, both beginners and experienced artists can explore a variety of art forms and discover the playfulness and spiritual richness of creative flow. Sharing and reflection support discovery and depth in body, mind and soul.

“I am passionate about the transformational power of art that enriches the lives of both practitioners and audiences, as well as expanding the concept of who can participate in art making.”

SHARON TOOK-ZOZAYA, EAC Focaliser

Young people aged 18-25 receive a £1000 reduction!
DOROTHY TURNS 100!

Born in Guelph, Ontario, Canada, Dorothy has dedicated her life to a deep enquiry into spiritual matters. Whilst working for the British Security Co-ordination from 1940 – 1945, she relocated from Canada to the UK. After the war, staying on in London, she met Peter and Eileen Caddy. Their meeting, personal spiritual journeys and shared work led to the founding of the Findhorn Foundation Community in 1962.

Dorothy left the Community in 1973 to travel, write and teach about connecting to the divine and to the intelligence of nature, a committed engagement she only relinquished in her very late 80’s! In 2009 she returned to Scotland to settle back into the Community as one of our Elders.

The circle of care and support established around her has evolved as her needs have increased. To date, her care has been funded through a number of avenues. Those sources are still in place but some are now running out and her increasing care needs means an increase in care costs.

Since 1996 the Community Care Circle (CCC) has held a Community Care Fund which, over the years, has assisted Community members to remain in the Community when care at home was needed.

The Community Care Fund is now seeking to raise £3,000 per month for Dorothy, so that the support and care already established can continue to be provided in her own home.

To support Dorothy and this CCC initiative please go to: parkecovillagetrust.co.uk/2019/10/13/we-support-dorothy

or contact
Sylvia Robertson, CCC's treasurer:
ccc.treasurer@parkecovillagetrust.co.uk

“How we wish we could pass on to you humans something of the quality of joy!

We cannot say much to you on what you do, not knowing about choice, but we cannot help but say something on how you do things when we see you going around clogging up your energy as if what you do is a drudgery.

How can anything be done perfectly if there is no free flow of energy or if the energy is discoloured by a foreign substance? It is like trying to do a washing when there is no water in the tap or only muddy water. Joy is necessary. It is a natural quality of the expression of life, coming straight from the Source in creation. All life has it. It is the response to Life itself, for life is perfect and when you are one with it, joy flows.”

Dorothy Maclean
Deva message recorded 1st May 1971
Planning and growing food for the FF community is a passion and a joy! Sometimes life here feels too full and complicated and it can be hard to forge a new path. Connection with a wide variety of people from different countries and backgrounds makes everyday life stimulating. There is also an openness to get into deep, meaningful conversations and get to the heart of the matter with little fuss.

I love the connection with nature, here it’s astonishing, it’s beautiful. I love the power of co-creation, the understanding of how we can create the life that we want. I love the silent space that we have in the sanctuary, I love working with people with joy and mindfulness. My challenge is to take care of myself, accept the other as they are and give space to my family and not be absorbed by the community life.

I love living with people who are creating a different way of living together: seeking spiritual connection, living in harmony with nature, connecting and working together from the heart, striving for personal and planetary transformation. Sometimes it is challenging for me to be surrounded by so many people every day, but luckily there is always the sea to escape to.

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Leading from the Core

by Gabi John, Programme Creation

The challenges of our time call for a deeply rooted capacity to lead ourselves and others into meaningful action. From the very beginning, one of the guiding purposes of the Findhorn Foundation has been to bring forth world servers who draw from a place of wholeness and alignment with spirit.

The structures of the programmes that have served this transformative training process have changed over the decades to meet the needs of the times and the people coming here. And though the names may have changed, these programmes always seek to serve two purposes:

• Immersing individuals from around the world in the day-to-day embodiment of our core principles and practices through daily life and activities; together creating the transformational field that we both contribute to and draw from.

• Offering the principles of the Findhorn Foundation as tools and practices to people who feel called to serve the world in their own projects and communities, from a place of purpose and alignment with the whole.

This year, we present Leading from the Core, a programme offering a deep, four-week immersion into an exploration of leadership as practised and embodied moment to moment through individual expression and spiritual alignment.

We see leadership as a process of fully bringing ourselves into our own interconnectedness and service. In this programme we will explore the leadership process as it moves from the inside out, recognising an integrated inner life as the foundation of positive personal impact in our environments and communities. We focus on developing the unique capacity in each of us to move ourselves and others into meaningful action that can be sustained in the complex, often challenging, world we live in today.

I knew from my earliest days that nature was what I would do in my life. Working full time at Findhorn was an all-encompassing, irreplaceable ‘graduate school’ in shaping HOW I would do it. I am eternally grateful.

Vance G Martin - President, the WILD Foundation and Wilderness Foundation Global.

Living and working in the Findhorn Foundation and community taught me to hold my presence and deeply listen to inner and outer information in the midst of intense conflict. Findhorn is a learning center that supports individuals to find their deepest powers and learn to use them for the benefit of the world.

Ana Rhodes - International organisational consultant and founder of Centro de Transformacion de Conflicto Humano.

findhorn.org/leading-from-the-core
Building Bridges –
CELEBRATING 10 YEARS
OF WELCOMING DIVERSITY

by Yvonne Cuneo, FICS

In 2009 the Findhorn Foundation committed to bringing a wider diversity of people to join us in this pioneering experiment of living differently on this planet - in touch with ourselves, each other and the rest of nature in a more spirit-led way and Building Bridges was born.

This commitment has developed in several different directions: the business world, special interest bespoke groups from all over the planet and social inclusion.

Findhorn International Centre for Sustainability brings together changemakers from all professional fields to launch ideas and actions which support a regenerative and compassionate world. It also supports their personal sustainability, so important and yet so often ignored in the urgency of our times.

From one programme in 2010, the Findhorn International Forum on Sustainability , FICS has grown to nine programmes in 2019, including Water Security, an Eldest Daughter Retreat, Systemic Risk, Climate Finance, Authentic Investor and Spirited Business. FICS' newest programme, Leading from the Future, exemplifies the quest to connect with sources of insight, innovation, intuition and inspiration.

FICS has been hugely successful in supporting professional people to find their ‘tribe’ in a business environment that can often feel cold and purely profit-led, and to replenish their spirits and motivation to serve a more expansive and holistic worldview. It is heartening to see people from businesses and NGOs of all sizes arrive feeling stressed and overwhelmed and leave just a few days later uplifted and keen to return annually for their ‘Findhorn-fix’ to support their work in the world. It’s also wonderful to see them relaxing tired brain cells as they reconnect with the soil in Cullerne Garden, enthusiastically clean up the kitchen or wonder at the beauty of the Findhorn River.

“Completely transformational on a personal, professional and spiritual level. This is a place of tolerance and acceptance which holds the essence of things.”

In November 2018 FICS held its first London gathering for FICS alumni. The room was supercharged with enthusiasm, vitality and fond Findhorn memories as 33 people from many different FICS programmes met, networked and shared their passion.

Building Bridges also responds to a variety of enquiries from people wanting to bring groups to explore such themes as our spiritual roots, community building tools, renewable energy, developing an ecovillage and to experience life in a spiritual community. We have welcomed young people from Taiwan, UK and Italy, Chinese groups, an Integral Mondo Zen Retreat, created a Wilderness Retreat and run 11 three-month programmes in a series of Youth Empowerment Projects.

For the last four years The Park has also supported social inclusion by hosting local care experienced youth in the Youth Empowerment Programme and adults with a learning disability, autism or Aspergers in the CareFarm initiative.

We celebrate the richness this diversity brings to our community.

fics.findhorn.org
Human beings have worshiped through communal dance for at least 9000 years. Dances and tunes move mysteriously across centuries and continents, bringing people together to share spirit, connection, community, healing and peace. In the late 1970s the Findhorn Foundation became part of a movement re-vitalising Sacred Dance in the West, and for 40 years it has offered weekly practice, workshops, teacher training and festivals supporting sacred dancers in Moray and all over the world.

Peter Vallance remembers a 1985 workshop: “My most important learning was that dance created community. In the spaces between the dances there was a palpable bond growing between the individuals, and we became one being as we danced. One night after the main session a few of us stayed on in the Hall and I remember us weaving a dance together that had no steps and yet was a perfect Circle Dance.”

Laura Shannon’s book *String of Pearls* tells the history of Sacred Dance at Findhorn in the voices of the people who made it. All proceeds from the book go to the Sacred Dance Festival Bursary Fund, to help future dancers come to the annual festival and help spread the seeds of Sacred Dance ever more widely.

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The Festival celebrates the transformative and healing power of Sacred Circle Dance. This year special guest teacher Chrisandra Harris will teach Dances from the Silk Road, traditional dances that celebrate ancient links across continents. The festival’s resident teachers will share their knowledge in a series of master classes:

- Laura Shannon will offer a deep experience of the meditative power, sacred symbols and healing energy of Greek and Balkan dances.
- Peter Vallance will show how he blends and merges dances to create a field where transformation can occur.
- Susanne Anders Bartholomäi will share DanceMeditation, which creates ever new spaces of authentic experience, inner search and discovery.

Barbara Swetina will lead an evening of Sacred Harmony chants and dances.

The Festival Choir and Orchestra will be conducted by Sheila Pettit and Bill Henderson.

Dancing to live music is an essential part of the Festival experience. The live music includes the O’Connell’s Band, an Indian Bhajan band, an evening of traditional Greek, Balkan and Armenian dances with Kostantis Kourmadias, Nikolas Angelopoulos and Laura Shannon, and a Scottish Ceilidh. Special guests Maya Buckley and Michael Machin will join Laura, Kostantis and Nikolas to play for an evening of dance with Chrisandra.

findhorn.org/programmes/dance-festival
“Supposing we had been told right at the beginning what the community was going to develop into? *We wouldn’t have believed it.* We would have said, *Impossible.* So one is just given a bit at a time; and that leads on to the importance of living in the moment, in the now. Not thinking at all about the past or the future but living in the now; taking one step at a time and finishing off to perfection one job at a time.”

*Peter Caddy*

*If it’s right for one, it’s right all round. 1975*
The Planetary Game

ENGAGING WITH THE EMERGING FUTURE

Easter 2020

Game purpose:

We intend to settle into the grace and strength of our essential identity, step into whole-hearted engagement with the Soul of the World and the Soul of Humanity, and activate new patterns of relationship that serve the whole Earth community.

Conceived by Joy Drake in 1976, the Game of Transformation emerged as she followed a flow of inspiration generated by her desire to expand her inner life and share her knowledge of community building and service using spiritual principles and symbols. Using her own life as a crucible of experience she was inspired to create a unique learning environment that enabled participants to accelerate changes in their lives through increased personal awareness and spiritual understanding.

The Planetary Game was part of Joy’s vision from the very beginning – in fact, the first public offering of the Game was what was then called the ‘Big Game’ for 20 people as part of an Art of Synthesis workshop focalised by Joy and Mary Inglis in June of 1978. That same year Kathy Tyler joined Joy as the game was refined, the first 5-player circular boards were made, and training started for Game Guides. The Transformation Box Game, launched in 1987, fulfilled the vision of a transformational experience created, rooted and fertilised in the Findhorn Foundation that could spread world-wide. The ‘Game in a Box’ is now available in Chinese, Dutch, English, French, German, Italian, Korean, Portuguese, Russian and Spanish, and there are thousands of trained facilitators around the world.

While the box and original Games provide an intimate experience with one to six players, the Planetary Game allows up to 100 to work creatively together to bring insight, healing and direction to areas of both collective and personal concern. It amplifies both personal and collective issues, highlights strengths and resources, reflects limiting patterns and points to new directions. It allows the players to connect with and honour their individual paths and contributions within the larger whole, while also engaging with collective issues and challenges in today’s world.

The Planetary Game offers wisdom at far more than just the personal level. Its effectiveness depends on our capacity to recognise ourselves in one another and to see the world within ourselves and ourselves within the world. It requires us to take responsibility for being co-creative participants in the wellbeing of a wholeness larger than our own.

The Easter 2020 Planetary Game will be led by co-developers and senior trainers Joy Drake, Kathy Tyler, Mary Inglis, and Judy McAllister, who each bring over 40 years of commitment and partnership with one another and the Game Deva to this event, along with experienced guides from the InnerLinks faculty. Come and add your presence as an active blessing and together, with grace, wisdom and humour, we will explore what is seeking to birth and unfold in each of us individually, in humanity and in the earth.

This event is held in partnership with InnerLinks.

findhorn.org/programmes/planetary-game

We intend to settle into the grace and strength of our essential identity, step into whole-hearted engagement with the Soul of the World and the Soul of Humanity, and activate new patterns of relationship that serve the whole Earth community.
In a time of increasing disruption and uncertainty, the call for the Findhorn Foundation to be a beacon of hope, light and new possibilities for our planet is stronger than ever. We are stepping up with a five-year vision to build new living, work and nature spaces that support an emergent human consciousness.

Tom Raymont of Arboreal Architecture, an award-winning eco-architect who grew up in the Findhorn community, partnered with community members to craft the vision. The building designs that emerged through consultation, group meditations and nature connection practices are an expression of our core spiritual principles.

Exemplifying sustainable best practices, high quality natural materials, innovative ecological features and expert craftsmanship, our new designs flow and emerge out of the natural world.

Your support will help move our work to the higher level our planet is calling for.

Our first goal: £350,000
INTERVIEW WITH

Tom Raymont
Director of Arboreal Architects

by Dominique Didinal, Fundraising

T om Raymont, Director of Arboreal Architects, arrived at Findhorn with his family as a 12-year-old boy and grew up here in community. He left at age 19 to study architecture. Arboreal have been engaged by the Foundation to create designs for five new guest houses as well as brand new office and meeting room spaces.

What was it like to grow up in the Findhorn Community?
As a teenager looking for my identity and values, the context of the Findhorn Foundation and its community was very freeing. I could explore my identity and interests within a wider, broader group of people than just my school or family, and this allowed me to flourish. It also enabled me to connect with George Ripley, the architect of the Universal Hall. He gave me his old drawing board and invited me to help him design a project, so I got the chance to work with and learn from a mentor.

The buildings, gardens and trees on the site were developed over 50 years ago. How do you honour the past?
We honour them by seeing value in them: value to people, to living systems and intrinsic value in themselves. That is perhaps easiest to see in the gardens but even the old buildings can be valued in this way. We value them by not wasting them, by deconstructing them carefully (the word demolition is banned in our practice!) and looking for ways materials can be reused, donated, sold or recycled.

How did you work with the community and its core principles in the design process?
We're still at an early stage in the design process. We've engaged with Findhorn Foundation co-workers and we will move into a wider consultation process with the community as the designs become ready to go through the local planning process. I joined community meditations around the project, spent time connecting to each of the trees, stayed in the current chalets, and tuned in to several kinds of unseen beings in the area. I've also used my dreams to design; asking for guidance from the Findhorn Angel and Landscape Angel as I'm falling asleep, and then waking up with new ideas.

How will the buildings relate to the plant and animal life on the site?
We try to understand the landscape first and the buildings second, which seems obvious, but most architects design the buildings first and then decorate them with landscaping. On a practical level it means removing as few plants and trees as possible, only doing so when we can demonstrate that it's for the wider benefit of the systems of other plants and animals, including people.

How will the buildings aid the inner transformation process?
We are exploring how the spaces themselves can facilitate living the Findhorn Foundation and community ideals of inner listening, community and co-creation with nature. Living quite closely with a few other people will encourage sharing and connecting. Simplicity will strip away the distractions and conveniences that usually surround us.

Bringing plants into the buildings, carefully locating windows that look out into the gardens and using skylights that show the passing weather and seasons will aid inner contemplation and co-creation with nature.

How does the Scottish weather influence the designs?
First, the orientation, size and shape of windows must respond to the angles of the sun at different times of year. It's an essential principle of regenerative design to use the heat of the sun rather than other fuel but we also don't want to overheat in summer which could happen even in Scotland! Less obviously, the exposure and wind of a seaside location must be considered. I think the trees are advising us to hunker down and not build too tall. Hence the buildings are low, curved and stable.

And how does this project aim to address climate breakdown?
There are three fundamental ways in which buildings contribute to climate change (circumvention). The most familiar one is the energy and carbon emissions used when living in and maintaining a building (called operational carbon), the second is the embodied carbon from the energy used to create the building materials, and the last are the emissions caused from construction waste. The goal for this project is to build these buildings with no net carbon emissions in the deconstruction of the old, the construction of the new and in their use. That is a high ambition as very few buildings have achieved that standard.

If you would like to see more about the designs and to donate to the project, please visit findhorn.org/transform
Where We Are » The Findhorn Foundation has grown organically as people have responded to the spiritual impulse that brought it into being. Currently four main sites host our participants, workshops and events.

Our Cluny Hill site is a former Victorian spa hotel set amid forested hills in the historic town of Forres.

The Park site, five miles away from Cluny Hill and near the village of Findhorn, lies within a duneecovillage.

Within sight of Iona, the tiny island of Erraid is home to a vibrant community of the Findhorn Foundation which hosts guests all year to experience working or spiritual retreats, or simply to enjoy the island’s stillness and raw, wild beauty. erraid.com

Iona

The Foundation runs a retreat house on the sacred island of Iona, a historic destination of pilgrimage for 1400 years. Guests can visit the local Abbey and enjoy the island's rugged hills, white beaches and wild solitude. findhorn.org/iona

Erraid

Our Park site, five miles away from Cluny Hill and near the village of Findhorn, lies within a duneecovillage.
Experience Week
7 days | £810 | £635 | £510
An introduction to the essence of the Findhorn Foundation and the spiritual community and ecovillage that it sits within. Experience Week also serves as a prerequisite to many other Foundation programmes. It runs nearly every week of the year. Special weeks are offered in French, German, Japanese, Italian, Portuguese and Spanish. Special-interest Experience Weeks are offered: Ecovillage, Music, Family, Family Follow On, Youth, LGBT+, Hinterland, and Skills for Sustainable Living.
findhorn.org/programmes/experience-week

Being in Community
7 days | £810 | £635 | £510
Prerequisite: Experience Week
A great next step after Experience Week that offers more time and space to integrate your experience of the Findhorn Foundation. Also an attractive option to reconnect with the community when you want to return. Runs nearly every week of the year.
findhorn.org/programmes/being-in-community

Service Weeks
7 days | £390 - £170
Prerequisite: Experience Week
An affordable opportunity to come lend a hand while giving yourself the gift of practising love in action in a kitchen, garden, homecare or maintenance department. Price covers food, accommodation and fees. The week includes personal sharings and is a good way to meet people living here.
findhorn.org/service-weeks

Findhorn Spiritual Practice
7 days | £950 | £710 | £530
Prerequisite: Experience Week
Spend time away from your ordinary life to reconnect with the spirit that inhabits the centre of life and our highest selves. Our Spiritual Practice Weeks can include reflection, meditation, nature immersion and community service. Each week is focused on a different theme, for example Developing a Spiritual Practice, Introduction to Meditation, Mindfulness, Living Intuitively, Wild Food and Herbs, Permaculture, Wild Nature, Clay, Co-Creation with Nature and Primal Painting.
findhorn.org/spiritual-retreats

Spiritual Deepening: Living from Purpose & Soul
4 weeks | £2510 | £2070 | £1890
Prerequisite: Experience Week
Step back from everyday life and immerse yourself in the transformational field of the Findhorn Foundation and community. Our community has a unique capacity to hold you with wisdom and deep empathy as you open to new possibilities in your life. Includes guided inner work, meditation, journaling, mindfulness practice, expressing love through service, a silent retreat, creative expression and body-based practices.
findhorn.org/programmes/spiritual-deepening

Living in Community Guest Programme (LCG)
4-week segments | £900 – £490
Price dependent on number of segments completed.
Prerequisites, Option A: Being in Community or Service Week or Spiritual Practice Week
Prerequisites, Option B: Spiritual Deepening or Learning English in Community
A deeper, month-long (or longer) exploration of community life within the Findhorn Foundation and community. Begin by clarifying your purpose and end with a personal review to support you to integrate your experiences and explore your next steps. LCG starts almost every Saturday.
findhorn.org/programmes/living-in-community-guest

Leap Programme
2 to 6+ months
Prerequisite: at least 3 months of LCG
The next step after LCG, Leap offers the opportunity to live, work and learn in the Foundation for an extended period of time as a learning member of a team, and can serve as the bedrock for eventually becoming a member of staff.
findhorn.org/programmes/leap

Leading from the Core
4 weeks | £590 | £2410 | £1950
Optional 2 week follow-on £660 | £480 | £390
Prerequisites: Experience Week and an application and interview process.
This year, we are introducing a new programme that responds to the current challenges of our world today by exploring the principles of spiritual and embodied leadership as practised in our daily work. This four-week programme is for individuals who are ready to translate their personal transformational process into the wider world, either in their own communities or as future staff of the Findhorn Foundation. An optional two-week follow-on is offered to deepen and integrate the experience.
findhorn.org/leading-from-the-core

January / February
Experience Weeks | 1w | 4, 18 Jan & 8, 29 Feb
Being in Community | 1w | 15 February
Service Week: A Gift to Cluny | Spring
Living in Community Guest Programme (LCG): 4w | 4, 11, 18, 25 Jan and 1, 8, 15, 22, 29 Feb
Erraid: Love in Action Weeks / Retreat Weeks: 1w | 11, 18, 25 Jan & 1, 15, 22, 29 Feb
Erraid Celtic Festival Weeks: Imbolc 1 February | Beltane 25 April

The Way of Clay - An Alchemical Journey
2 weeks | 18 January | £1770 | £1400 | £1170
A two-week personal journey into the mystery, simplicity and beauty of clay. Awakening ancestral memories while using contemporary ceramics methods, you will learn practical techniques and skills, how to embody sources of inspiration into expression through clay, and deepen your relationship with the four elements, community, and the world of kiln-fired pottery-making.
findhorn.org/workshops

Celtic Festival - Imbolc - on Erraid
1w | 1 February | £550 | £350 | £250
Imbolc is the time of year when the Celtic goddess Bride returns, representing the reawakening of the life force after winter. We gently nurture the emerging light and the fiery energy that has lain quiet within us during the winter months.

Beyond Smart
Online
3 days | 7 February | £75 | £100 | £150
An online introduction to the basic toolkit of the Integral City model. This course is for urbanpractitioners as well as village elders, city staff, regional developers and municipal agencies (including fire, police, healthcare, education, emergency response, justice).
findhorncollege.org

March / April
Experience Weeks | 14 Mar & 4, 18, & 25 Apr
Ecovillage Experience Week | 7 Mar
Family Experience Week | 4 Apr
Experience Week in French | 4 Apr
Being in Community | 1w | 7 March & 4, 18 Apr
Living in Community Guest Programme (LCG): 4w | 7, 14, 21, 28 Mar & 4, 18, 25 Apr
Findhorn Spiritual Practice Weeks: Co-Creation with Nature | 21 March
Developing a Spiritual Practice | 25 Apr
Iona Spiritual Retreats: Silent Retreat 1w | 4 Apr
Easter Retreat 1w | 11 Apr
Spiritual Retreat in French 1w | 25 Apr
Erraid: Love in Action Weeks | 7, 14, 28 Mar & 4, 11, 18, 25 Apr
Erraid Celtic Festival Weeks: Ostara/Spring Equinox 14 Mar | Beltane 25 Apr
LIVING YOUR LIFE PURPOSE
1 week | 7 Mar | £1150 | £870 | £720
This workshop provides an immersive and transformational space to go within, and to intentionally give power and attention to the intuitive promptings of your soul. Create a deeper connection to yourself and others and your own purpose-driven map and personalised toolkit to support the highest and fullest expression of who you really are.

GAME OF TRANSFORMATION (4 DAYS)
4 days | 7 March | £830 | £660 | £520
Centred around a circular board symbolising each player's world, this original, more complex version of the Transformation Game® offers a playful yet meaningful way of understanding and transforming key life issues. This workshop is a powerful springboard for spiritual growth and development, valuable at any stage of your life journey. findhorncollege.org/workshops

LEARNING ENGLISH IN COMMUNITY
1 month | 7 March | £2,800 | £2,500 | £2,250
A four-week residential course that integrates learning English with personal development in our community context. For guests with advanced beginner or intermediate level English. findhorncollege.org

TIME TO STOP! THE GIFT OF RETREAT
1 week | 7 Mar | £1090 | £800 | £630
On this retreat the invitation is to stop. To be well held with plenty of time on your own, daily opportunities to check in as a group, and join in some community activities. Give yourself the gift of time spent in the natural surroundings and transformational field of the Findhorn Foundation’s Park site.

CELTIC FESTIVAL - OSTARA/SPRING EQUINOX ON ERRAIT
1 week | 14 March | £550 | £350 | £250
Spring Equinox is the time when the days are becoming longer and warmer. Everything in nature is coming alive. As the natural world surges into spring, so we step into our own life force and reach out for what we want in ourselves and our lives.

ELDEST DAUGHTER RETREAT
For you, your sister, your wife, your mother
4 days | 14 March | £1095 | £845 | £595
Now in its fourth year! Connect with what drives you, allowing yourself to become more conscious of your eldest daughter patterns, and to ultimately regain a greater freedom of choice. fics.findhorn.org

FINDHORN SPIRITUAL PRACTICE
CO-CREATION WITH NATURE
1 week | 21 March | £950 | £710 | £530
Nature is all around us and deep inside. We each have our own unique connection with the natural world and with the beauty of this planet. Throughout the week we will explore the interconnected web of life. We will be embraced by the four elements while opening to the nature of self.

THE ART OF INQUIRY
1 week | 21 March | £1150 | £870 | £720
Learn how to detect and disengage from the inner critic in relation to the spiritual journey and how to be present with tabooed emotions in spiritual work - neither overcoming nor acting out so-called 'negative' emotions. This retreat will build your capacity to listen compassionately without judgement to all parts of yourself and others.

THE ART OF INQUIRY INTRO OPTION
2 days | 21 March | £530 | £410 | £300
In these two days you will learn accurate and concrete ways of detecting and disengaging from the inner critic.

COURAGEOUS CONVERSATIONS
2d | 28 Mar | £180
Conflicting opinions can trigger situations many of us find difficult to manage. You will explore key skills, tools and mindsets to handle these conversations in a positive way. In partnership with the Social Enterprise Academy. For more information please contact building.bridges@findhorn.org

LOOKING BACK, MOVING FORWARD
A DANCE OF AWARENESS WORKSHOP
1 week | 28 March | £1110 | £840 | £590
Dance your way through a dynamic movement journey designed to explore developmental themes from early childhood. By revisiting imprints from your formative years, you can let go of self-limiting patterns from the past, expand your sense of who you truly are and explore more authentic and nourishing ways of relating to others.

SPIRITUAL ACTIVISM
LEADERSHIP AS SERVICE
6 days | 28 March | £1090 | £800 | £670
Challenging preconceived ideas, drawing from a diversity of traditions and exploring a number of themes - this workshop plants seeds of an engaged, effective and fulfilling life of spiritual activism. Learn to deepen your vision and understanding of your contribution to world change and how to nourish yourself with a spiritually resourced life.

TRANSFORMATION GAME® FACTILATORS TRAINING - IN GERMAN
2 weeks | 28 March | £2,625 | £2,425 | £2,240
Participants who successfully complete the training will be accredited as Transformation Game® Facilitators. This gives you permission to use the extended game guide manual. In addition, you can offer and perform game workshops and use the logo and the name Transformation Game® or Game of Transformation - for advertising purposes. findhorncollege.org

BEYOND SMART online
3 days | 3 April | £75 | £100 | £150
See 7 February. findhorncollege.org

YOUR SPIRITUAL HEALTH PROGRAMME
LIVING A LIFE OF COMPASSION AND PERSONAL FULFILMENT
3 days | 4 April | £690 | £510 | £420
Grounded in good science and inspired by the best in spirituality, Your Spiritual Health will help you to boost your emotional wellbeing, improve your physical and mental health, and connect with the good things in life.

SILENT RETREAT ON IONA
1 week | 4 April | £700 | £570 | £470
Are you longing for a week of silence within a supportive communal environment on a stunningly beautiful and powerful ancient island? Our Silent Retreat on the magical Scottish island of Iona offers you the spaciousness to be.

EASTER RETREAT ON IONA
1 week | 11 April | £600 | £470 | £370
Experience Easter week on the holy island of Iona. We will spend time in meditation and explore together what Easter means to each of us. There will be opportunities to join Easter services at Iona Abbey and the Parish church. We will also have the chance to visit and meditate in sacred places in nature.

THE PLANETARY GAME ENGAGING WITH THE EMERGING FUTURE
1 week | 11 April | £1510 | £1200 | £990
The Planetary Game is a large-scale version of the Game of Transformation. Involving up to 100 participants in five playing areas. It is focused around a life-sized Game layout on the floor and has been described as a form of sacred theatre. Come and play, both for your personal growth and for humanity, by offering your presence, choices and actions as a blessing for the Earth.

A PLANETARY GAME INTEGRATION RETREAT
4 days | 9 April | £510 | £400 | £290
A unique opportunity for you to let your Planetary Game experience settle and deepen, and to explore your next steps with the insights and directions that have emerged for you.

TRANSFORMATION GAME® ADVANCED TRAINING
5 days | 19 April | £850 | £750 | £690
Explore a deeper layering of yourself and of the Transformation Game® in the presence of the Game’s founders. In this residential advanced training, you can expect to deepen your sensitivity to the presence of the Game Deva and to expand your partnership with it, as well as refine your facilitation, processing skills and purpose work. Prerequisite: Transformation Game® Facilitators Training. findhorncollege.org
clearing out the old and inviting the new 
are celebrated. It is a special time for 
Passion, fertility, creativity and sexuality

JOINING THE MALE AND FEMALE ENERGIES 
1 WEEK ON ERRAID 
CELTIC FESTIVAL - BELTANE

TRANSFORMATION GAME®
SOLO TRAINING
2.5 days | 25 April | £525 | £450 | £395
This course will equip you with the skills and knowledge to facilitate a Solo Transformation Game with individual clients as well as engage your own growth and development both personally and professionally. Includes practice sessions, discussion, and exploration of squres as well as opportunities to deepen your processing skills. Prerequisite: Transformation Game® Facilitators Training. findhorncollege.org

TRANSFORMATION GAME®
FACILITATORS TRAINING
2 weeks | 25 Apr | £2,625 | £2,425 | £2,240
Would you like to offer Transformation Game workshops professionally? This professional course is an exciting opportunity to interact more deeply with the Transformation Game. It gives you a thorough training in the use of the advanced rules in the Facilitators Manual. You will have many opportunities to practice and watch facilitation in small supervised sessions. findhorncollege.org

SPIRITUAL RETREAT (FRENCH) ON IONA
1 week | 25 April | £650 | £520 | £420
During this week, you will have the opportunity to focus on your inner life and enjoy the natural beauty of this sacred island, and to find inspiration and peace. This retreat is an invitation to reflect on your life and how you move forward into the future. One option will be to play the Transformation Game.

CELTIC FESTIVAL - BELTANE ON ERRAID
1 week | 25 April | £550 | £350 | £250
A festival for friends and for lovers – for joining the male and female energies together and for honouring that union. Beltane marks the arrival of summer. Passion, fertility, creativity and sexuality are celebrated. It is a special time for clearing out the old and inviting the new into our lives.

FINDHORN SPIRITUAL PRACTICE
DEVELOPING A SPIRITUAL PRACTICE
1 week | 25 April | £950 | £710 | £530
This week will be an inspiring and reflective 

MAY / JUNE
Experience Weeks | 9, 16, 30 May & 6, 13, 20 June 
Hinterland Experience Week | 1 May 
Eco Village Experience Week | 23 May 
Experience Week in Portuguese | 27 June 
Music Experience Week | 27 June 
Being in Community | 1w | 23 May & 6, 20 Jun 
Living in Community Guest Programme (LCG): 4 weeks | 2, 9, 16, 23, 30 May & 6, 13, 20, 27 Jun 
Service Weeks: In Perfect Timing - Gardening at Culterine | 2 May 
In Tune with Nature: Springtime Abundance in Cluny Garden | 9 May 
Culterine Gardening Skills Week | 16 May 
Findhorn Spiritual Practice Weeks: Wild Food and Herbs | 30 May 
Wild Nature | 13 June 
Introduction to Meditation | 27 June 
Iona Spiritual Retreat Weeks:
- A Journey into the Labyrinth 23 May 
- Gardening through Attunement 1 Jun 
- Week of Spiritual and Personal Renewal (in Spanish) | 13 Jun 
- Spiritual Retreat (in Japanese) | 20 Jun 
Transformation in Retreat | 27 Jun 
Erraid: Love in Action Weeks | 1w 2, 16, 23, 30 May & 6, 13, 20 June 
Erraid Celtic Festival Weeks: 
- Litha - Summer Solstice 20 June 

AWAKENING INTO YOUR SACRED SELF
1 week | 2 May | £150 | £870 | £720
We are being activated and asked to step up and into our deep capacities and knowing. This retreat is designed to empower your own direct soul connection to the sacred self. An opportunity to translate your inner spiritual experiences into an outer reality, manifest your soul purpose, and offer your divine light to the world.

PERSPECTIVE MEMOIR AS A PATH TO A THRIVING FUTURE
7 days | 23 May | £1150 | £870 | £720
In a safe circle of kindred spirits, under the guidance of a wise teacher, use the elemental techniques of purposeful memoir as a path for exploring the past, understanding the present, and envisioning the thriving future you want to live into - both individually and as a member of the Earth community.

THE AUTHENTIC INVESTOR
4 days | 23 May 
£1275 financial institutions, companies £925 NGOs / civil society organisations £830 individuals
For those working in investment or finance - rediscover that the authenticity and the values that inspire you are the key to replenishing your energy, so that we can continue the work towards a sustainable financial system that serves people and the Earth.

ANIMAL COMMUNICATION AND NATURE CONNECTION LEVEL 1
7 days | 30 May | £190 | £910 | £760
Rediscover your innate ability to communicate with animals, plants and the others with whom we share this planet, while immersing yourself in the beautiful landscape of the Moray coast. Held within the Findhorn Community, this workshop will provide you with the tools you need to help you access your own telepathic communication abilities.

GUIDANCE FOR LIFE OPENING TO HIGHER INTELLIGENCE THROUGH THE SUBTLE REALMS
7 days | 30 May | £1150 | £870 | £720
Inner guidance is available to us all through cultivating a close relationship with higher intelligence in the non-physical realms of reality.

A JOURNEY INTO THE LABYRINTH ON IONA
1 week | 23 May | £700 | £570 | £470
During this exploration we will co-create an ephemeral labyrinth through listening to the land, ourselves and one another. Through a process of action and reflection, personal insight and skills, as well as creative expression, you will learn how to share the labyrinth with others. This retreat is open only to those who identify as women.

LEARNING ENGLISH IN COMMUNITY
1 month | 23 May | £2,800 | £2,500 | £2,250
A four-week resident course that integrates learning English with personal development in our community context. For advanced beginners or intermediate English. findhorncollege.org

FINDHORN SPIRITUAL PRACTICE
WILD FOOD AND HERBS
1 week | 30 May | £950 | £710 | £530
Do you want to get in touch with nature in a practical way? Learn to identify herbs, forage and prepare wild food? Come experience wild food as an experiential and embodied spiritual practice in the Findhorn Foundation.

See findhorn.org/workshops for our full calendar of events
In this workshop, we will open ourselves to inner information and we will learn more of our own subtle nature, exploring and healing those inner patterns and blockages which tend to prevent clear and fluid access.

**WILDERNESS RETREAT**
6 days  | 30 May  | £390  | £900  | £750
With the world-renowned coastal Findhorn ecovillage and spiritual community as our basecamp, this 5-day retreat is a break from business combining an immersion in, and exploration of, the beauty of Scottish mountain, forest, river and sea and opportunities to reflect on how to heal our relationships with the natural world at personal and social levels.

**ECOVILLAGE DESIGN EDUCATION**
4 weeks  | 6 June  | £2450  | £275
Ecovillage Design Education will take you on a unique journey through the interwoven dimensions of sustainability: broadly these are social, ecological, economic and worldview. Elements within these dimensions provide a comprehensive overview of the issues and approaches that underpin successful projects aiming towards regeneration, sustainability, transition, or developing ecovillages. Certified by Gaia Education. findhorncollege.org

**GARDENING THROUGH ATTUNEMENT ON IONA**
1 week  | 6 June  | £600  | £570  | £470
This is an opportunity to enjoy the magical Isle of Iona and practice co-creation with the subtle energy consciousness of air, land, sea, rocks and plants through attunement and inner listening. We will work together to prepare Taigh Bhan’s beautiful flower and vegetable gardens for spring.

**LEADING CHANGE IN THE ANTHROPOCENE**
3 days  | 6 June  | £180
Current environmental change has been likened to a mass extinction event and the beginning of a new geological epoch. Learn new leadership skills and strategies that are required to adapt to this reality. In partnership with the Social Enterprise Academy. buildingbridges@findhorn.org

**WEEK OF SPIRITUAL AND PERSONAL RENEWAL (SPANISH) ON IONA**
1 week  | 13 June  | £650  | £520  | £420
Come and immerse yourself in seven days of spiritual retreat, where you can take a break from your daily life, deepen your inner practice, enjoy the silence, reflect, walk, and let yourself be nurtured by nature. We will share simple practices of contemplation, personal self-inquiry and sacred songs, and we’ll explore the island, enjoying its healing magic of the soul.

**FINDHORN SPIRITUAL PRACTICE - WILD NATURE**
1 week  | 13 June  | £590  | £710  | £530
We will explore our relationship with the wilder places around us – and within us – through observation, contemplation, meditation, ritual and the hands-on experience of conservation of the land. An opportunity to connect with the sweeping beauty of Findhorn’s Scottish Highland setting: the dunes, forest and sea.

**SPIRITUAL RETREAT (JAPANESE) ON IONA**
1 week  | 20 June  | £650  | £520  | £420
Would you like to put aside your everyday life for a week and connect with your true self while having a conversation with yourself and nature in a beautiful and ancient place, right by the sea? Let’s take the breath of the earth together on the powerful, sacred island of Iona on the west coast of Scotland.

**CELTIC FESTIVAL: LITHIA - SUMMER SOLSTICE ON ERRAID**
1 week  | 20 June  | £550  | £350  | £250
As the wheel turns towards winter we join with others to celebrate light and life. This is a wonderful time to enjoy the long summer nights and beautiful sunsets amidst some of the most breathtaking landscapes on the west coast of Scotland.

**HORSES, SENSE AND SOUL**
5 days  | 22 June  | £1290  | £1020  | £870
Horses have evolved a high energetic sensitivity to keep themselves safe, making them extraordinarily accurate ‘mirrors’ and ‘amplifiers’ of internal processes: emotional charge, intention, presence. We guide transformational explorations, for those with any level of experience or none.

**GAME OF TRANSFORMATION (4 DAYS)**
4 days  | 27 June  | £830  | £660  | £520
See 7 March. findhorncollege.org

**TRANSFORMATION IN RETREAT ON IONA**
7 days  | 27 June  | £700  | £570  | £470
Through playing the Transformation Game®, you can become more aware both of your personal strengths and of the limitations you place on yourself. It is a powerful interactive tool, offering a stimulating, supportive and informative group setting in which openness, cooperation and sharing are encouraged. There will be plenty of free time to explore Iona.

**FINDHORN SPIRITUAL PRACTICE**
An Introduction to Meditation
1 week  | 27 June  | £950  | £710  | £530
This week will be an inspiring and reflective oasis that will support you in developing and/ or deepening your meditative practice. This spiritual practice week is suitable for everyone, whether you are new to meditation or more experienced.

**JULY / AUGUST**
Experience Weeks: 4, 11, 18, 25 July & 8, 15, 22, 29 August
Family Experience Week: 18 July
Experience Week in German: 8 August
Experience Week in Italian: 18 July
Experience Week in French: 25 July
Ecovillage Experience Week: 1 August
Family Experience Week: 1 August
Youth Experience Week: 4 July
Family Experience Week Follow-On: 18 Aug
Experience Week in Spanish: 22 Aug
Experience Week in Japanese: 29 Aug
Being in Community (BIC): 4, 11, Jul & 1, 8, 22, 29 Aug
Being in Community Italian: 25 July
Living in Community Guest Programme (LCG): 4w  | 4, 11, 18, 25 July & 8, 15, 22, 29 August
Findhorn Spiritual Practice Summer Weeks: Permaculture: 18 July
Living Intuitively: 25 July
Practice your Spirituality (French): 1 August
Mindfulness: 15 August
Iona Spiritual Retreat Weeks: Co-create a new ‘I’ 4 July

**DEEPEN YOUR NATURE CONNECTION ON IONA**
1 week  | 11 July  | £700  | £570  | £470
Take a week to bask in nature’s healing gifts of sun, sea, earth and wind. We invite you to experience the sacredness of all life in gently guided meditative walks, reconnection with the beauty and healing powers of nature, and in the relaxation and enjoyment of the simplicity of island life.
**Living your Life Purpose**
1 week  | 11 July  | £1150 | £870 | £720

**Findhorn International Forum on Sustainability (FIFS)**
5 days  | 12 July  | £1450 Corporate / for-profit organisation
£1050 NGO / not-for-profit organisation
£950 Individual

Participant-led with a flexible structure and an emergent agenda, this is a superb opportunity to empower your response to the sustainability crisis. Meet yourself in a new way, step back, replenis, meet others in the sustainability arena, hatch projects - and all at a venue one participant calls ‘a vigorous and thriving research centre for the future of the world’.

www.findhorn.org

**Summer Retreat Weeks on Iona**
1 week  | 18 July and 8, 15, 22 & 29 August
£600  | £470  | £370

Take time for yourself in a spacious retreat setting, to meditate, to reflect, to walk and to breathe. It is a unique gift to step away from all the busyness and take time to rest and renew body and soul in the wild beauty of Iona. These spiritual retreats give you a supportive environment to explore your own unique journey.

www.findhorn.org

**Findhorn Spiritual Practice: Permaculture**
1 week  | 18 July  | £950 | £710 | £530

The practical application of spiritual principles is a key element of spiritual and personal development. During this nature retreat we will explore permaculture principles to look at how we live our lives day to day, to connect with the wisdom of the earth and the wisdom within ourselves.

www.findhorncollege.org

**Game of Transformation (4 Days)**
4 days  | 18 July  | £830 | £660 | £520
See 7 March. findhorncollege.org

**Transformation Game Alchemy**
1 week  | 25 July  | £1150 | £870 | £720
Combines two proven tools for uplifting consciousness: The Transformation Game® and SoulCollage®. The workshop invites you to access a new, vibrant self-awareness and to step forward as an ‘uplifier’ with a wise and open heart, serving the calling of these times and being someone who adds to the light of the world.

**Creative Communication**

**Communication course for speakers of other languages**
1 weeks  | 25 July  | £700 | £1590 | £175

While practising our English creatively, we’ll also explore ourselves on a deeper level, focusing on conscious communication and reflection practices. An opportunity to collaborate with people from all over the world, the course offers music, poetry, arts and crafts, creative writing and storytelling. For those with pre-intermediate and intermediate English levels.

www.findhorncollege.org

**Findhorn Spiritual Practice: Living Intuitively**
1 week  | 25 July  | £950 | £710 | £530

Intuition allows us to get to the heart of the matter. It enables us to cut through complexities and see what is for the highest good for all concerned. It is an inner sense of the rightness of particular insights, feelings or actions. We will explore how intuition speaks to us personally, within a relaxed and light-hearted environment.

www.findhorncollege.org

**Space for the Heart on Iona**
1 week  | 25 July  | £700 | £570 | £470

Meditations from the Buddhist tradition combined with the inspiration and beauty of Iona connect us more deeply with our heart, with the qualities of love, compassion and peace. You will be introduced to a variety of meditation techniques.

[For more information and booking details, please visit findhorncollege.org](http://findhorncollege.org)

**Creative Retreat on Iona**
1 week  | 1 August  | £700 | £570 | £470

We invite you to be rejuvenated and inspired by the power and natural beauty of the magical island of Iona on our Creative Retreat. This is an opportunity to leave behind your daily tasks and routines and to delight in expressing your creativity in a supportive group environment.

www.findhorncollege.org

**Findhorn Spiritual Practice: Practice your Spirituality (French)**
1 week  | 1 August  | £950 | £710 | £530

Learn new tools and develop a range of personal and spiritual development skills that you can integrate into everyday life. Explore meditation and other exercises and, by following our founding principles, approach ordinary activities in a conscious manner that gives way to presence, creativity and joy. There will be an opportunity to play the Transformation Game®.

**Music and Consciousness**
1 week  | 1 Aug  | £1150 | £870 | £720

This workshop will take you beyond experiencing music merely as entertainment, to engaging in its deeper mystery and power of transcendence. When you take time to truly explore sound and immerse yourself in its subtleties, colours, textures and range, new worlds of perception and experience will unfold.

**Soul Tracking**
1 week  | 8 Aug  | £1150 | £870 | £720

Your unique fingerprints reveal your soul’s calling and exactly what holds you back from fulfilling it. As well as guided meditations, group work and opportunities to connect with the spirit, people and place of the Findhorn community, you will have private time to explore and decode your birth blueprint and life purpose with a master hand analyst.

[Find out more](http://findhorncollege.org)

**Game of Transformation (7 days)**
1 week  | 15 August  | £1150 | £870 | £720
See 7 March. findhorncollege.org

**Findhorn Spiritual Practice: Mindfulness**
1 week  | 15 August  | £950 | £710 | £530

This Spiritual Practice week offers practices that enhance your ability to live in attentive awareness of yourself, other people and the world around you. You will have ample opportunities to learn and practice mindfulness in a supportive natural environment.

**Animal Communication and Nature Connection Level 1**
1 week  | 15 August  | £1190 | £910 | £760

Rediscover your innate ability to communicate with animals, plants and others with whom we share this planet, while immersing yourself in the beautiful landscape of the Moray coast. Held within the Findhorn community, this workshop will provide you with the tools you need to help you access your own telepathic communication abilities.

**Co-creation with Crystals for Healing**
1 week  | 15 August  | £1150 | £870 | £720
At this time of environmental stress, humanity has a responsibility to work cooperatively with nature. As well as learning the basics of working with the mineral kingdom, you’ll experience how to respectfully attune to the crystals, the subtle realms, and nature’s intelligence, and how to be of service in co-creating a better world for all.

**Embracing Change: An Open Floor Workshop**
1 week  | 15 August  | £1150 | £870 | £720

Dance deeper into your own creative self to be honest about your vulnerability so you can access your equilibrium and strength. We will use Open Floor Movement Practice to bring this enquiry to the dance floor as we literally embody the physicality of change.

**International Training Circle Dance Harmony Method®**
1 week  | 22 August  | £1190 | £910 | £760

Combines meditation with movement. Inner listening grows through gestures that produce both conscious and subconscious responses. Gain basic knowledge of the Harmony Method® and an expanded circle dance repertoire.

**Meditation Masterclass For Teachers and Practitioners**
1 week  | 22 August  | £1150 | £870 | £720

Mindfulness, meditation and times of calm bring health benefits and deep spiritual development. This inspiring week is an opportunity to explore and soak in the benefits and blessings of meditation. Our days together will be an experiential oasis in which you will deepen your own practice, led by one of Britain’s most experienced mind-body-spirit educators.
### Nature Intelligence & The Dreaming of Earth

#### Beyond the doors of perception
- 2 weeks | 29 Aug | £1770 | £1400 | £1170
- The world is alive, intelligent, communicative, and filled with Soul. Yet many of our inherited Western concepts isolate us from the intimacy and communion with life on Earth. In this two-week intensive a journey of opening our perceptual doors awaits, through which we can enter another world, again hearing the forgotten voices of the wild.

#### Systemic Constellations

- **Unravel Entanglements with Love**
  - 1 week | 29 August | £1150 | £870 | £720
  - The workshop will allow you to explore deeper levels of collective knowledge so that you and others in the group can symbolise people and topics through movement and gestures. In a safe, supportive space you'll discover new solutions and insights that will help you to restore the natural flow of love in your life.

#### Permaculture Design Course (PDC)

- 2 weeks | 29 August | £1590 | £1375 | £1150
- A two-week comprehensive introduction to permaculture principles, design practices and their application. The 72-hour Findhorn College PDC is guided by Bill Mollison’s curriculum and delivered in collaboration with a registered ScotLAND Centre. Participants will have the unique opportunity to base their design projects on actual developments taking place within the Findhorn community. Certified by Permaculture Association.

- **Findhorncollege.org**

#### Beyond Complexity

- 5 days | 29 August | £750 | £650 | £525
- Introducing 'meshworking' to reframe simplicity on the other side of complexity, in the Integral City, or Human Hive, the course encourages practitioners who work with individual organisations — and catalysts who connect organisations — to engage with the city as a whole. The course welcomes Business, third sector and local government leaders, and engaged citizens.

- **Findhorncollege.org**

### September / October

#### Experience Weeks

- 5, 12 & 26 Sep and 10 October
- Experience week – Skills for Sustainable Living | 19 Sep
- LGBT+ Experience Week | 3 October
- Being in Community (BIC) | 5, 12, 19 Sep & 10, 24 Oct
- Living in Community Guest Programme (LCG) | 4 weeks
- 5, 12, 19, 26 Sep & 3, 10, 17, 24, 31 Oct
- Service Weeks: Coming Home to the Garden Gardening at The Park | 3 October
- Iona Spiritual Retreat Weeks: Summer Retreat Week | 12 September
- Autumn Equinox Retreat | 19 September
- Transformation in Retreat | 26 September
- Autumn Retreat | 3 October
- Transformation in Retreat | 26 Sep & 31 Oct
- Erraid: Love in Action Weeks / Retreat Weeks: 5, 12, 19, 26 Sep & 3, 10, 17, 24, 31 Oct
- Erraid Special Events & Celtic Festival Weeks: Animal Communication and Nature Connection Level 2 | 12 Sep
- Mabon – Autumn Equinox | 19 September
- Samhain | 31 October

#### Learning English in Community

- 1 month | 5 Sep | £2,800 | £2,500 | £2,250
- A four-week residential course that integrates learning English with personal development in our community context. For advanced beginners or intermediate English.

- [findhorncollege.org](https://findhorncollege.org)

#### Animal Communication and Nature Connection Level 2

- 1 week | 5 September | £1190 | £910 | £760
- This week-long retreat is for you if you have previously studied Animal Communication and feel comfortable with the basic elements. This workshop is a wonderful opportunity to deepen your animal communication skills, to meet other animal communicators and to enjoy consciously connecting to nature in all its forms.

- **Findhorn Foundation spiritual leadership programme.**

#### Animal Communication and Nature Connection Level 2 - on Erraid

- 1w 12 Sep £600 | £500 | £400
- See 5 September. [erraid.com/visit-us](http://erraid.com/visit-us)

#### Summer Retreat Week on Iona

- 1 week | 12 September | £600 | £470 | £370

#### Autumn Equinox Retreat on Iona

- 1 week | 19 September | £600 | £470 | £370
- Autumn Equinox Retreat on Iona is an opportunity to deeply experience the changing of the season, balancing dark and light, within the peace of this beautiful, sacred island.

#### Celtic Festival: Mabon - Autumn Equinox on Erraid

- 1 week | 19 Sep | £550 | £350 | £250
- This is a time for reconciling opposites. Let's honour and celebrate our 'whole self' and all life and enjoy the abundance of our gardens as we gather in our produce and come together for our Harvest Festival celebrations.

#### Leading from the Future

- **Facilitating Emergence**
  - 4 days | 19 September | £995 Corporate/for-profit organisation
  - £795 NGO/not-for-profit organisation
  - £695 Individual
- Develop the inner and outer practices that will support your capacity to innovate, inspire and lead from the future; and to facilitate this capacity in individuals, teams and organisations that you work with.

- [fics.findhorn.org](http://fics.findhorn.org)

#### Transformation Game® Facilitators

- **Training (Japanese)**
  - 2 weeks | 19 September | £650 | £520 | £420
  - [findhorncollege.org](https://findhorncollege.org)

#### Active Hope - Nourishing Our Capacity to Act for Life on Earth

- 1 week | 26 Sep | £1110 | £840 | £690
- Our times confront us with realities that can be difficult to take in and painful to live with. Based on Joanna Macy’s Work that Reconnects, this week-long workshop takes the form of a strengthening journey in four stages, aiming to increase our capacity to respond with Active Hope.

#### Celebrating the Auspicious Moment Now - Sacred Dance and Mevlevi Dervish Turning

- 1 week | 26 Sep | £1190 | £910 | £760
- In the powerful, sacred journey of this workshop we will learn and practise two forms of meditation in movement: Mevlevi Dervish Turning - which allows dancers to merge with the music - and higher consciousness and Sacred Circle Dance, which, through symbolic movement, is a beautiful and profound way to experience community and to manifest the spirit-body.

#### Transformation in Retreat on Iona

- 7 days | 26 Sep | £700 | £570 | £470
- Through playing the Transformation Game® you can become more aware both of your personal strengths and on the limitations you place on yourself. It is a powerful interactive tool, offering a stimulating, supportive and informative group setting in which openness, cooperation and sharing are encouraged. You'll have plenty of free time to explore Iona.

#### Game of Transformation (4 DAYS)

- 4 days | 3 October | £830 | £660 | £520

#### Slowing Down

- 1 week | 3 October | £1070 | £790 | £660
- There's an increased capacity for inner listening when we slow down. We'll discover, practise and embody ways of consciously slowing down and focusing within. Experiential and restorative, the week will provide you with a toolbox of simple practices to take with you into daily life.

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**See findhorn.org/workshops for our full calendar of events**
Autumn Retreat on Iona
1 week  | 31 Oct - 7 Nov  | £470  | £570  | £650
Autumn is a time of great beauty on this sacred, ancient island and in the changing of seasons it is easier to be in touch with what is changing in yourself, to release the old and prepare for what is emerging. Amid the change, the timeless stillness of Iona will give rise to what is timeless within you.

Beyond Resilient
Integral City Inquiry Action & Impact
4 days  | 10 October  | £750  | £650  | £525
This course will build on the previous course Beyond Smart: Integral City Practices, tools & maps and prepare participants for the advanced course Beyond Complexity: Integral City Care, contexts & capacity. findhorncollege.org/courses

Transformation Game® Facilitators Training
2 weeks  | 10 Oct  | £2,625  | £2,425  | £2,240
See 25 April. findhorncollege.org

Diploma in Practical Spirituality and Wellness by William Bloom Module 1 (of 4)
4 days  | 10 October  | £2750 Residential
£1250 (NFA / FF non residential)
Taught across four - four-day modules, this professional course can equip you to offer person-centred and holistic spiritual support and pastoral care. Module 1 focuses on Person Centred Spiritual Practice. A diploma course accredited by Ofqual inspired by William Bloom's work in partnership with the Spiritual Companions Trust. You must be able to attend all four modules and be available for online contact in between. Further dates: Module 2: Reflective Practice and Self-Awareness in the Context of Spiritual Development 5 - 9 Dec 2020; Module 3: Science and Context 13 - 16 Feb 2021; Module 4: Spiritual Care in Practice 10 - 13 Apr 2021.

Transformation in Retreat on Iona
7 days  | 31 Oct - 7 Nov  | £570  | £470
See 26 September. findhorn.org/iona

Celtic Festival - Samhain on Erraid
1 week  | 21 Nov - 28 Nov  | £750  | £530  | £370
Experience the winter solstice and Christmas on the holy island of Iona, celebrating the returning of the light.

Game of Transformation® (4 days)
4 days  | 14 November  | £330  | £660  | £520
See 7 March. findhorncollege.org

Learning to Lead Sacred Dance
2 weeks  | 14 Nov - 28 Nov  | £1770  | £1400  | £1170
Sacred Dance is a spiritual practice that transforms and heals, and you can learn how to support participants to experience its full power. In these two weeks you’ll learn 16 dances in depth and acquire skills in leading groups, how to create a programme of dances, and how to attune to the energy of the dance.

Findhorn Spiritual Practice - Clay
1 week  | 14 November  | £950  | £710  | £530
With the landscape of Findhorn Bay and the surrounding coastline as an inspiration for our retreat, we journey with the four elements – earth, air, fire and water – using the medium of clay to focus, centre ourselves, and create spiritual alchemy.

Subtle Energy Activism
Becoming an Agent of Gaia
7 days  | 21 November  | £1150  | £870  | £720
Do you want to be a difference maker? Gaia needs you and the time is now! This workshop is designed to create a team of specially trained Gaian Agents who no longer feel overwhelmed or impotent when addressing our challenging times of global crisis and change, and who learn to become effective in working with subtle allies to effect a positive future.

Beyond Smart online
3 days  | 27 November  | £75  | £100  | £150
Findhorn Spiritual Practice
Primal Painting
1 week  | 12 December  | £950  | £710  | £530
Primal painting is a simple yet profound way of allowing your deepest self to express all the colours of your life, including all of the light and dark shades of your spiritual journey. It is an inspiring way to expand your spiritual practice and no special artistic skills are required.
You don’t have to travel to northern Scotland to share the connections, light and hope of our community. There are many ways to be involved and stay in touch.

Tune in
Take a moment to become present with yourself, your surroundings and your purpose as you start a new activity.

Meditate
You can join the Foundation meditations from a distance Monday to Friday at 6:30-7:30, 8:35-8:55, (also Saturday) and 17:40-18:00 GMT.

Connect with a Resource Person
170 people with close ties to the Findhorn Foundation offer information and connection in 33 countries: findhorn.org/resource-people

Findhorn website
The Inspiration tab offers daily inspiration from Eileen Caddy and more. The Video tab connects to a large collection of events and programmes. findhorn.org

Network of Friends
Our Network of Friends are supporters who make regular donations to the Findhorn Foundation. You participate with us to help our vision to grow and touch more lives. findhorn.org/support

New Story Community
Started after the 2014 New Story Summit, this online offering is still going strong. findhorn.org/new-story-community

Donation
As a charitable trust we welcome your donation to help share the magic of Findhorn with others. Be a part of co-creating a new future. Please visit our website to see our current projects, gift list, and ways to give.
Who Are We

The Findhorn Foundation is an international living laboratory for transforming human consciousness in everyday life.

We welcome you to join the ongoing exploration. However long you stay, you will be part of the community.