

A HerSpace Event

HerAgeing 6th—8th December 2024

In this Advent retreat, we will look through a women's eyes and consider what a positive spirituality of ageing looks like for women.



Facilitator: Valerie Allen

Valerie is a spiritual companion, retreat leader, and member of the Bield Retreat Centre Pastoral Team. Her passion is women's spirituality and creating spaces in which women can meet, share and be spiritually nurtured and empowered.

Valerie loves working creatively. Poetry, stillness, wild places, music and story feed her spirit.

Valerie offers monthly HerSpace groups at the Bield, in Bridge of Allan and via Zoom, as well as HerSpace retreats.



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The Coach House, Kilmuir
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HerAgeing

A weekend retreat for all women

6th—8th December 2024
(5.30pm. Fri. — 3.00p.m. Sun.)



A HerSpace Event

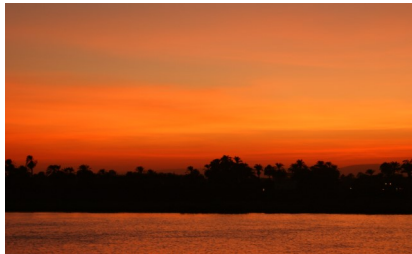
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HerAgeing

HerAgeing

In this Advent retreat, we will look through a women's eyes and consider what a positive spirituality of ageing looks like for women.

We will be accompanied by the prophet Anna, consider the archetype of Crone, and enjoy the power of poetry and story to help



us look at issues such as our ageing bodies and journeying towards our own death. We will also celebrate - celebrate our wisdom born of many years of life!

HerAgeing is for all women who enjoy journeying with other women, and who are open to holding each other's stories gently and compassionately.

What to Expect

This weekend will balance time for personal reflection and group sharing with time to breathe deeply and enjoy the beauty of our surroundings. We will use story, poetry, wellness practices and creative expression—integrating body, mind and spirit.

“Imaginative and creative, always full of wonderful inspiration and connection.”

Sarah

A Woman's Eyes

HerSpace uses feminist lenses through which to look at life, faith and spirituality through a woman's eyes.



In HerSpace, we privilege women's voices —women's stories, theologies and creative expression—and draw wisdom and inspiration from contemporary, historical and biblical women.

Booking Information

Full board per retreat

£240 - Single ensuite, sea view
£230 - Single ensuite, land view
£224 - Standard single, sea view
(Shared bathroom)

£244 - Pod

Reduced price for sharing a room

Non-residential per retreat

£120 - Includes all lunches & dinners, teas & coffees

Deposit

£50 - Due at time of booking

Balance

Due four weeks before the retreat

Please book through the

Coach House at:

office@coachhousekilmuir.org

