

HerSpace Retreats

HerSong 3rd–5th December 2021

What song is stirring in your heart?
How does your soul magnify God?

In this Advent retreat we will ponder these questions with Mary's Magnificat as our companion.

HerResilience 20th–22nd May 2022

Life's inevitable knocks or inner voices that cause you to question yourself: What helps cultivate your resilience?

We will explore our inner resources and listen to wisdom from the Bible and Desert Mothers.



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, sharing stories, sunlight and beauty feed her spirit.

Valerie offers monthly HerSpace groups in central Scotland and an Online group. For more information, please e-mail her at: VL2Allen@btinternet.com



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HerSpace 2021-2022

Two weekend retreats for women

HerSong 3rd–5th December 2021

HerResilience 20th–22nd May 2022

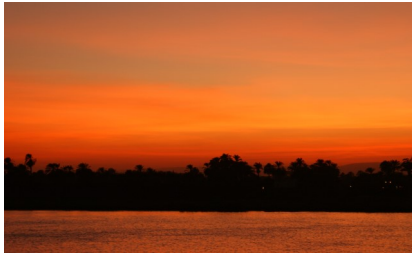


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HerSpace

These two weekend retreats are for women who wish to journey with other women, building relationships that allow us to go a little deeper. As we journey we hold each other compassionately and gently.

Our desire is for each weekend to become a space in which we grow in trusting one another with our stories and experiences.



HerSpace is about listening, sharing, stilling, connecting, encouraging, wondering, empowering, relaxing, creating, worshipping, nurturing, smiling and much more!

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

Sarah

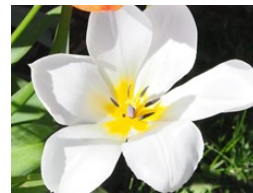
The Weekends

Each weekend balances time for personal reflection and group sharing with time to breathe deeply and enjoy the beauty of our surroundings. We use different creative expression, wellness practices or simple movement - integrating body, mind and spirit.

A Woman's Eyes

HerSpace uses a feminist lens, inviting us to look at life and the Christian faith 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:

- £190 - Single ensuite, sea view
- £186 - Single ensuite, land view
- £180 - Standard single, sea view

Non-residential per retreat:

- £96 - Includes all lunches & Dinners, teas & coffees

Deposit per retreat:

- £50 - Due at time of booking

Balance:

Due four weeks before the retreat

Please book through the

Coach House at:

office@coachhousekilmuir.org

