



Bioenergetic Summer Retreat

Our Celtic Hearth, Grand Pré, Nova Scotia

July 11th to 17th, 2026

Join us for a week of growth and play in the beautiful Annapolis Valley!

Bioenergetic Analysis is a holistic and well-established psychotherapy that helps resolve emotional issues through work with both body and mind. Bioenergetics assumes that the mind and body are one, that feelings are a body experience, and that our body experiences shape how we function in the world.



The Retreat is a week-long experience of community living and personal growth. Our time together will include individual and group therapy, movement, creativity and Qigong. It's a unique opportunity in a safe and supportive atmosphere.

Your Therapists for the week will be Laurie Ure, Angela Funari, and Dan Beaudette.

Laurie is a Clinical Social Worker and Certified Bioenergetic Therapist with 30 years of experience. Her private therapy practice is based online. Laurie brings joy and playfulness into her work and respects deep emotional and energetic processes. As a faculty member of the International Institute for Bioenergetic Analysis, Laurie leads workshops and trains therapists internationally.



Angela creates a safe place for clients to feel heard, seen, and supported while exploring and discovering their authentic selves. She believes incorporating somatic work in the therapeutic process assists clients to live more vibrantly. Angela is a Registered Counselling Therapist (Candidate) with a private practice in Halifax, NS, and has completed the Bioenergetic Analysis Training Program.

Dan provides a warm and accepting space for clients to explore their emotional selves and their connections to others. He is a Certified Bioenergetic Therapist and has received training in Emotionally Focused Therapy; his approach is an integration of those modalities. Dan is a Licensed Counselling Therapist (Candidate) with a private practice in Fredericton, NB.



Your Hosts: Ailsa Keppie grew up on the retreat property and has returned home after much travel and adventure to co-create Our Celtic Hearth. Declan King grew up on the west coast in Vancouver but has found his feet in Nova Scotia tending to the garden and helping to run the retreat centre.



You can register right away at <https://www.ailsakeppie.com/bio2026>. Or, for more information, email Ailsa at ourceltichearth@gmail.com.