



Wellbeing Weekend

27 & 28 August 2022



**With thanks to the Johnston Smillie
Charitable Trust
(<https://www.jsca.co.uk/community>) for
their generous donation towards this event.**

**This allows us to extend the access to this
event to everyone, regardless of their
financial circumstances.**

Session Location Map



Weekend Schedule

Saturday

	1	2	3	4	5	6
	Festival Green	Walled Garden (West)	Walled Garden (Middle)	Walled Garden (East)	Grass area beside stags	Picnic bench nearest car park
1000	Caravan Dance			Bootcamp	Falling UP - environmental art (stag building)	
1100				Mindfulness (The Mindful Partnership): 11.15am start		Flax Mill Tour
1200		Mindfulness (Jade Ralston) : 12.30 start				
1300						Flax Mill Tour
1400				Aromatherapy		
1500			Mindfulness (Jade Ralston) : 15.15 start			Flax Mill Tour
1600				Mindfulness (The Mindful Partnership)		

Weekend Schedule

Sunday

	1	2	4	5	6
	Festival Green	Walled Garden (west)	Walled Garden (east)	Grass area (beside stags)	Flax Mill (tour) - meet beside picnic bench nearest car park
1000	Mindfulness - The Mindful Partnership		Bootcamp	Falling UP - environmental art (sketching / photography)	
1100		Mindfulness (Jade Ralston) (11.30 start)	Crystals (11.30 start)		Flax Mill Tour
1200					
1300	Yoga (13.00 - 14.30)	Mindfulness (The Mindful Partnership)			Flax Mill Tour
1400			Conscious Embodiment		
1500	Nia	Mindfulness (Jade Ralston)			Flax Mill Tour

Essential Information

Toilets

These are marked on the map above.

Food

Food and drinks (cold and hot) will be available from the Cafe (marked on the map) [open 11-3pm]

Clothing

At the time of writing, the forecast on the 27th and 28th looks fair and dry - but we live in Scotland and know that this could change. Come prepared - spare clothes, warm clothes, waterproofs, and a blanket for those who feel cold whatever the weather. Where sessions require cover, we have arranged alternatives so that we keep you as dry as possible.

First aid

There will be a first aider on site and available at all times. Although we hope to never have to use it, please be aware that we have a defibrillator on site.

Contact details

If you have any questions or need to make contact during the weekend, you can email silverburnwellbeing@gmail.com or text 0781 306 5466.

Meet The Team

Drew Walker: Falling UP



Falling UP Living in Art is a creativity and wellbeing project which delivers communal outdoor art activities focusing on group work, that reduce isolation and improve wellbeing for participants through creativity, collaboration and team building.. Falling UP Living in Art is led by Dr Drew Walker, an artist with chronic mental illness. Dr Walker is assisted in the delivery of Falling UP Living in Art by Liz and Rab, who are members of his family. Falling UP Living in Art is based on Dr Walker's PhD research into the innovative, world- renowned Gugging system in Austria.

Kimzie Rose

Global Caravan Belly Dance



I am a mummy to four beautiful kids. I love my mummy duties but equally I enjoy the challenges of running my own business. Based just outside of St Andrews, is KY16 Design and Print. Alongside this, I work five days a week for Sidon Water. My role in this business is mainly Graphic Design, Marketing and Animation. Dance has been my passion for many years. It has brought my fun, friendship, laughter and love. I have been taking part in a wellness certification, Collective Soul which has a more spiritual connection to the dance. I have now completed level 5.

Jade Ralston

Holistic Wellbeing Practitioner



Jade Ralston is a Holistic Wellbeing Practitioner on a mission to empower confidence, self belief and personal transformation to ignite connection and awaken what is truly possible in mind, body, soul and spirit.

Catriona McCaw

The Mindful Partnership



Catriona has been practicing mindfulness for many years now. She has been teaching for the past 10 years, after completing PG Diploma in Mindfulness Studies with Aberdeen University.

Mindfulness helps remind us of what's important in life and how to open yourself and others, as connected human beings, trying to live our lives as best we can.

Christine Dewar

The Mindful Partnership



Christine is a professionally trained Mindfulness teacher, approved by the Mindfulness Association and UK Guidelines for teachers, with more than 35 years' experience. She's been teaching Mindfulness practice to adult groups since 2004 and to teenagers since 2001, and completed the Diploma in Mindfulness Studies and Compassion with University of Aberdeen in 2012.

She has worked in the fields of personal development, coaching, counselling/therapy and more has recently focused on mental health conditions involving chronic anxiety and trauma. She's currently studying Bio-Mechanical Cranio-Sacral Therapy alongside Polyvagal Theory.

Rozalind Joy Neil

Aromatherapy / Crystals



I'm Rozalind Joy: Creative Director of Serenity to Flourish. I have 20+ years' experience working with women's services as a midwife, and 10+ years' experience working with holistic therapies, and in NHS education and professional & personal development. I have a passion and interest in the holistic nature of our bodies, minds and emotions. I've been exploring holistic therapies and education since 2007 for my own personal development, and to support me through life changing experiences in my career, personal and family life.

I have discovered my unique paths to serenity with aromatherapy, crystals, Yoga, belly dancing, meditation, Neuro-linguistic Programming (NLP) and Bach flower remedies. I believe that every woman deserves to feel nurtured, to experience serenity in her body, mind and emotions and to flourish in her life. I nurture; inspire women and educate, empower; support women to achieve their wishes and wellbeing goals. I specialise in unique integrative approaches to wellbeing and synergistic methods of coaching and therapies. I work in the tranquil space of my garden therapy room in a beautiful coastal village in Fife, Scotland in person & virtually.

Susan Kellett: Fempower PT Personal Training and Personal Transformation



Susan Kellett is the founder of Fempower PT:

Personal Training & Personal Transformation.

Susan works exclusively with women in her private studio or online to take them to a new level of fitness, confidence and freedom.

Pete West: Yoga



Pete has been teaching Dru Yoga for 20 years. He's based in Leven (including at Silverburn Park, and runs classes in Kirkcaldy, Glenrothes, Kennoway and Lundin Links.

Louise Robb

Conscious Embodiment



Louise has thirty-three years business experience and twenty years' working globally with a large range of blue chip and NGO clients as an OD consultant, facilitator, team and individual coach and mediator, focusing on behavioural, organisational, systemic and strategic development.

After a thirteen-year career in business, she began studying an extensive self-designed syllabus in psychology. As a therapeutic coach and teacher in Somatics, she utilises a blend of martial art and mindfulness techniques. In 2017, she completed her Master's in Integrative Coaching Psychology. With a United Nations International Diploma in Humanitarian Assistance, Louise has worked with the UN and its sister agencies to enhance field workers' capacity to cope with stress.

Strongly committed to her own human development, she is currently undertaking further research and practice in the Polyvagal theory and its implication for integrating into her Organisational Development field.

Meg Elphee: Nia



Meg has been dancing Nia for over a decade and has recently successfully completed her second Nia training - Green Belt. Based in Fife, she hopes to share the joy of movement with as many people as possible, to ensure fitness and well-being are accessible for all.



Session Descriptions

Global Caravan Belly Dance

Kimzie Rose

When we Gather – Freedom to Move!

Are you ready to feel more confident, have a more active social life, feel happier and more fulfilled? Dance is already therapy, add nature in there and it's magical!

Dance helped me overcome issues surrounding confidence, low self-esteem and anxiety. I started out as an Egyptian Belly Dancer performing on stage and doing various gigs around the UK. I now teach Global Caravan Belly Dance. 'Caravan' meaning family.

This style of dance is gentle on the body. It is a form of Belly Dance with influences from ancient times - Spanish, Folk, Indian, African and Middle Eastern. This style of dance brings women together, connecting in a circle and moving in unison whilst isolating parts of our bodies.

You do not need dance experience to be part of this. In my class you are warmly welcomed by women of all shapes and sizes. There's no one judging you there. And before you know, you make a wonderful tribe of women who'll stand by each other, no matter what.

The fluid, dramatic, but soft movements can trigger the production of endorphins, or happy hormones, which can help you de-stress. Dance has been my remedy, I want to share this experience and watch you develop and shine!

My aim is to bring, Joy, Fun, Fitness, Magic, and Love for the Dance. Focussing on each individual's wellness and body positivity.

Aromatherapy

Rozalind Joy Neil

Do you want to learn more about Aromatherapy for personal bliss?

- Are you motivated to improve your wellbeing?
- Do you want to discover tips and techniques for using Aromatherapy for self-kindness?
- Join me on a discovery journey to personal bliss!

In this workshop you will:

- Explore what aromatherapy is
- Discover how aromatherapy works
- Learn the benefits of some popular essential oils
- Make a luxurious aromatherapy cream

Bootcamp

Susan Kellett

A bootcamp for the ladies - all levels of fitness and strength catered for.

Susan will take you through a 45 minute strength-based Bootcamp.

Kids welcome but they must be accompanied by an adult.

Mindfulness

Jade Ralston

The practice of Flow harmonizes, ignites and awakens you in mind, body, soul and connects you with the power and potential of your true authentic self.

Experience your own freedom and upliftment as you immerse yourself in a practice of energy and flow. Surrounded by nature, you will discover the power of your mind with quick, simple, easy to use tools and techniques to enhance your wellbeing and empower your everyday experience.

Mindfulness

The Mindful Partnership

Saturday morning session

(Bring warm clothes / blanket in case of cooler weather. In wet weather, this session will move under cover).

Relaxing and Breath work:

Paying attention to our breath is the beginning of healing relaxation. Your breath is always here and is a 'pathway' into health and wellbeing. Noticing how we breathe can give us helpful indicators of how we are. All healing practice generally begins with our breath.

Movement

Gentle mindful warm-up stretching movement to prepare us for settling into the body scan in Part 2.

Polyvagal tuning body scan

We've been living under a lot of pressure recently which can cause us to feel quite deep experiences of stress, anxiety and even 'shutdown' in our bodies. Sometimes we feel under threat when there is no 'real' threat present but our body feels uncomfortable and restless, on the 'lookout'. This little 'body' scan encourages us to pay attention to how we are feeling and 'let go' of tightness and shutdown in our body. We can quickly let go of our 'fight' under threat 'mode' and our shutdown, helping us to connect in with a more peaceful and open connection to our body, our mind and very importantly, to others in the world and nature.

Stretch movement

Mindfulness

The Mindful Partnership

Saturday afternoon session

(Bring warm clothes / blanket in case of cooler weather. In wet weather, this session will move under cover if necessary).

Sense and savour walk

Learning to appreciate the moment. So often we are caught in our own wee worlds and miss the beauty that is there in each moment.

Movement

Appreciating the strength in your body through opening awareness of each movement

Affectionate Breathing

An opportunity to remind ourselves that each breath is life-giving – can we learn to pay attention to this with kindness and affection towards ourselves?

Mindful Movement

Mindfulness

The Mindful Partnership

Sunday morning session

Movement

Standing in the 'memory of kindness', then stretching and gentle movement in that memory of kindness. How does it feel to move in the energy of kindness? This is alongside the Memory of Kindness (with breath).

A lovely opening practice which will help you to deepen your connection after the prior Polyvagal tuning. This practice can help you to pay attention with openness and gratitude for the beauty of nature and the elements, bringing warmth and kindness to yourself. We too often 'talk' at ourselves critically so learning to bring an attitude of kindness can be deeply healing

Creative Walking Meditation with the Elements

The Parade and the Thought Stream

This lovely practice will encourage you to bring your mind to a more quiet state so you can begin to 'see' thoughts, feelings. Sensation, emotion from a different relationship. Can you begin to let go of the endless churning and ranting of your mind and let your mind begin to relax? How might that be for you?

Mindfulness

The Mindful Partnership

Sunday afternoon session

Mindful movement

Waking up and connecting with our own bodies as we bring it into movement with awareness, noticing our body with more love and kindness.

Giving and receiving compassion

A simple breathing exercise where we can learn from the breathe to tune in to what we need , and when we breathe in and resource ourselves, we are able to breathe out and open to others. This connects to the following practice. Using the sense of touch to bring love and compassion to life.

Gratitude practice

Earth breathing and focus on gratitude into Love

This practice helps our sense of connection and belonging through connecting with the earth with our breath, calming the mind. Through making this connection with the earth which nourishes us, we can then begin to connect with nature and people in the world who have contributed to us in some way encouraging us to feel gratitude for life itself, in all its forms, including ourselves.

Environmental Art

Falling UP

Saturday: You will be creating a wooded stag by foraging for natural materials, such as deadwood, in order to create a wooden sculptural 'fantasy' creature artwork, which will then be sited within the park and contribute to the natural beauty of the area.

Sunday: during this session, with the support of your session leaders, you will be sketching and photographing a view in Silverburn Park. There will be an award for the best photograph and sketch (judged by The Bluebell Panel).

Previous participants include a variety of people with the following range of mental and physical health issues - depression, schizophrenia, bipolar disorder, autism spectrum disorder, PTSD, addiction problems (alcohol and drug based), those with physical disabilities - wheelchair reliant, spina-bifida.

Crystals

Rozalind Joy Neil

Interested in Crystals and crystal therapy?

- Do you want to learn more about Crystals for balance and harmony?
- Are you motivated to improve your wellbeing?
- Do you want to discover tips and techniques for serenity to flourish using the power of crystals?
- Join me on a discovery journey to balance and harmony!

In this workshop you will:

- Explore what crystals are
- Discover how to use crystals for balance & harmony
- Learn about crystal therapy for optimising wellbeing

Flax Mill

Tour

Silverburn has been given a National Lottery Heritage Fund grant of just over £3.47 million to bring the derelict flax mill building back to life. The Park has been awarded some additional funding from Fife Council, Scottish Government, Historic Environment Scotland, Levenmouth Reconnected, The Robertson Trust and The Wolfson Foundation.

A visitor centre, backpackers hostel, café, artists studios, community space and a shop are part of the plans to restore the much-loved heritage site to new glories, as the beating heart of Levenmouth.

The B-listed building, dating from the 1850's, is an important reminder of Fife's central role in the linen industry which ended in the 19th century.

Yoga

Pete West

Dru Yoga is based on Hatha Yoga, but Pete havehas some Thai Chi based sequences also, which help to balance your chakras and bring peace within.

Nia

Meg Elphee

Nia is a holistic fitness practice that draws from martial arts, dance arts and healing arts. It empowers people of all shapes and sizes by connecting the body, mind, emotions and spirit. Classes are usually taken barefoot to soul-stirring music.

This taster session will begin with an introduction to Nia followed by 40-45 minutes of movement. Wear comfortable clothing that allows you to move your body and bring an open mind / heart. This session will be supported by other newly qualified Green Belt Nia teachers from the Nia Scotland community.

Not essential, but a yoga mat for the floor play part of the session might make people more comfortable. Please also bring a bottle of water.

Conscious Embodiment

Louise Robb

A practical method of integrating mindfulness, breath and body intuition.

Purpose : To befriend our nervous system

It has been believed that our autonomic nervous system is just that, automatic. What we have is what we get and there is little we can do about it. Science and lived practice is now telling us a different story. The ancient traditions have always understood that perhaps with some very practical practice, we can get to know how it works.

Our session together will take a look at each of our body systems as we are all both similar yet unique.

1. A bit of gentle movement to wake up the core
2. Settled time exploring a bit of science.
3. Fun practice of body, breath and focus, and let's see how you feel.
4. Where are we now?

Please bring: a mat or something comfortable to sit on; comfortable warm clothes.

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