

Sand & Sound Mini Retreats 2021

with Masha Bennett MSc Psych Trauma UKCP Reg Psychotherapist

Glossop, Derbyshire (near Manchester)



The Sand & Sound Mini Retreats offer an immersive experience into the transformational power of Sandplay and Sound. These weekends are a gentle invitation for you to play, rest, create, feel, relax, cry, laugh, be still, connect with others - but most importantly with yourself - deeply. Small groups of maximum 6 to 8 people.

The mini retreats typically start on Friday evening, and finish Sunday lunchtime (or sometimes, for bank holiday weekends, start on Saturday evening and finish Monday lunchtime).

Please note that these mini-retreats are non-residential, i.e. you will have to find and book your own accommodation in the local area (a list of possible accommodation will be provided).

Dates/times scheduled for 2021:

Friday 25th June to Sunday 27th June (NEARLY FULL)

Friday 23rd July to Sunday 25th July

Saturday 28th August to Monday 30th August

Other dates are likely to be added if there is a demand.

Mini Retreat Typical Schedule

(please note this is approximate and may be revised as necessary)

Day 1 (Evening)

5pm - Arrivals, tea/coffee

5.30pm - Start. Introductions

6.00pm - Creating and sharing sandtrays

8pm - Break

8.30pm - Gentle Sound Bath Meditation with Masha

9.15pm - Check-out

9.30pm - Finish

Day 2 (All day including evening)

9am - Arrivals, tea/coffee

9.30am - Check-in

9.45am - Creating and sharing sandtrays

11.15am - Tea Break

11.30am - Drumming Circle (possibly outdoors, weather permitting)

12.30am - Long Lunch break (2 hours)

2.30pm - Creating and sharing sandtrays

4.00pm - Tea Break

4.15pm - Working with Clay

6.00pm - Long Dinner Break (2 hours)

8.00pm - Gong Bath Meditation with Masha

9.15pm - Checkout

9.30pm - Finish

Day 3 (Morning to early afternoon)

9am - Arrivals, tea/coffee

9.30am - Check-in

9.45am - Chants & Mantras

11.15am - Tea Break

11.30am - Creating and Sharing Sandtrays

1.00pm - Creating a Sound Meditation together as a group

1.30pm - Feedback and Check-out

2.00pm - Finish and good byes

Mini Retreat Costs:

The normal cost of these mini-retreats £225 per person, but in 2021 I will be offering them at a reduced rate of £199, which can be payable in instalments. A deposit of £60 reserves your place.

Included in the cost: Light refreshments throughout the weekend - please inform Masha of any special dietary requirements at least two weeks before the retreat date. Main meals are not provided - please bring your own packed lunch or you can buy food at local shops and cafes nearby.

Location: Glossop is a town in North Derbyshire on the edge of Peak District, approximately 35 minutes on the train from the centre of Manchester (between 30min and 1 hour+ drive depending on traffic), about 45 min drive from Sheffield, 1 hour from Leeds.

If you arrive early on the first day or decide to leave later on the last day, you can take the advantage of some lovely walks in the area (we will also have two long 2 hour breaks on Sunday).

The venue address: ***Wren Nest Business centre, Wren Nest Road, Glossop SK13 8HB***

The list of local accommodation will be provided on confirmation of booking/payment.

Please note that if quarantine restrictions do not allow face-to-face delivery of these retreats, they will NOT be moving online but will be postponed till a later date.

Who can book:

No previous experience required. However, if you are currently feeling vulnerable, are pregnant, experiencing significant physical or mental health issues or ongoing trauma symptoms, please discuss the suitability of these retreats with Masha prior to booking. Email masha@practicalhappiness.co.uk or text 07887 617558 to arrange a time to talk.

CPD certificates: If you are a counsellor or therapist, a CPD Certificate can be issued.

COVID-19: Please see the relevant section in the Application Form.

About the Retreat Facilitator

Masha Bennett is a UKCP registered psychotherapist, psychotherapy trainer and clinical supervisor, sandplay therapist and tutor for the Association for Integrative Sandplay Therapists, and tutor/gong practitioner with the College of Sound Healing. After her early career in zoology, botany and horticulture, she has been working with adults and

young people therapeutically for about 20 years, in prisons, probation service, residential children's homes, NHS, primary school, charities, and in private practice. Masha is a trauma specialist and has an MSc in Therapeutic Practice for Psychological Trauma from the University of Chester, she is an accredited EMDR Europe Practitioner, trainer in EFT (Emotional Freedom Techniques), and also teaches courses on Trauma Awareness to professionals and general public. In her spare time Masha paints pictures, walks her two border collies and has many cups of tea in her wild woodland garden

Website: www.sandsoundcentre.co.uk

Facebook: <https://facebook.com/sand.sound.soul>