

Heartbeat

First Name: _____

Last Name: _____

Address: _____

_____ Postcode: _____

Phone : Home: _____

Work: _____

Mobile: _____

Email: _____

\$50 Deposit

Early Bird \$170 (if paid in full by 4 July 2017)

Full payment \$195

For men who are keen to come but experiencing financial hardship, please contact John Bowater to discuss subsidy options.

I enclose \$.....

(Make cheques payable to Essentially Men)

I have paid by internet banking \$.....

Essentially Men Account : ASB 12 3049 0104234 00

Particulars: Initial & Surname Code: HBEAT17

Register and pay online:

<http://www.essentiallymen.net/register-heartbeat/>

Men said it:

- Sunlight streaming through the circular window. A king in his throne being honoured. A father and son in a shared heart space. Men asking for what they needed. Music by the fire.
- Take your EM experience to the next level of self-knowledge and freedom. Come and have fun!
- It's an opportunity to take time out from the constant business of life and to share a heart space with an amazing group of men. It's a place where men being real are made to feel welcome and where we can connect with others and feel more grounded and accepting of ourselves.
- Heartbeat is an opportunity to be supported and support men in the beauty of their truth. The residential aspect and continued absorption allows a deeper experience of a shared connection from the heart. It was practice of being in the heart where the thinking mind had the space to drop away. A deep experience of beauty, truth and exploration of our true heart felt selves.
- This is an opportunity to affirm both to and about yourself that as part of the brotherhood of men your worth is valued, your presence vital, and here is a real place for proving out.



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T: 09 376 2386
E: info@essentiallymen.net

Essentially Men Education Trust present:

HEARTBEAT



August 4th – 6th 2017

**The Essentially Men Mid-Winter
Retreat**

**A weekend of rich companionship and
inspiring dialogue**

Leaves fall. Birds migrate. Ice arrives. Fire burns. Men gather. We push up our cold heads and look around for nourishment and connection. Time for a loving **Thump in the Heart!**

The idea for a winter fireside conversation arose when men at the annual summer gathering **Get Off The Concrete** recognised the need to reconnect in a relaxed, creative community atmosphere during the year.

Come and join a hearth of good men for a weekend of rich companionship and inspiring dialogue fired by the embrace of winter and the warmth of our hearts.

We meet in a soulful way to foster connections, deepen community, share dreams and visions, and reflect together how we are learning to gather as men. The programme will embody spirited communique, inspired conversation, deep sharing, and no doubt great food.

All men who are part of the EM network or who have experienced personal development with men in groups are welcome at this event. Due to popular demand, this year the gathering will commence on the **Friday** evening rather than the Saturday morning. **Arrive from 6.30pm** and help prepare a dinner from the contributions we all bring and we'll eat around 7.30pm, before settling in to an opening circle around the fire. Join us for a genuine, deep and loving **thump in the heart.**

Drug and alcohol free please.

We have booked a warm spacious residential venue in the west, with a fireplace and sunny veranda. It's all ready for you.

If you want to be part of this then **register** and put the date in your diary. We look forward to connecting with you.

Arrive anytime from 6.30pm on Friday, group prepared meal will be at 7.30pm.

Men who've been to Heartbeat before can arrive on Saturday morning by 9am if necessary but please let us know beforehand.

VENUE:

BELLA RAKHA RETREAT CENTRE, 581 WEST COAST RD,
ORATIA, WAITAKERE.

Map available at

<http://www.retreatcentres.co.nz/contact-us/>



What to bring:

- A pillowcase and sheets (the retreat centre provides mattresses, pillows, duvets and blankets). Bring a sleeping bag too if you have one.
- Towel, toiletries.
- Comfortable indoor clothes. And warm clothes for sitting around an outdoor fire in the evening (weather permitting) and possibly walking in the beautiful bush surrounds.
- Cushions if you have them for sitting on in the hall (chairs also provided).

Bring Food To Share

Bring with you a generous dish of food enough to feed about 8 men for a lunch or dinner. Breakfast, tea, coffee and snacks will be provided.

The retreat centre has a large kitchen, 2 fridges, and lots of pots and pans and cooking utensils. So we can bring pre-made dishes or ingredients to cook (but ideally not things that will keep us in the kitchen for too long).

They have a freezer compartment in one fridge, so let Michael West know if you plan to bring frozen things and he'll ensure we can fit it in.

Meat dishes are fine, and vegetarian dishes even better so we can include everyone.

Some ideas for the kind of thing to bring:

- Salads
- Hearty winter food like casseroles, stews, curries etc.
- Frozen pizzas and other cookable dishes
- Healthy bread and some spreads
- Pasta with a sauce (fine to bring tinned stuff)
- Fruit

Desserts (preferably not things that need to be in the freezer, so we can keep it free for main course food)

