

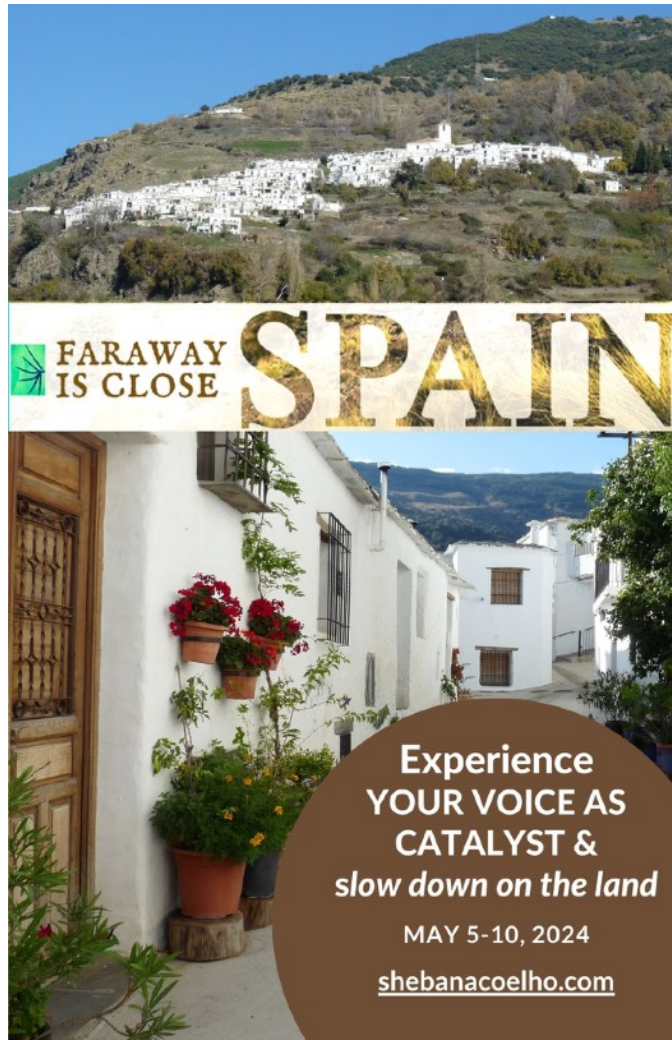
**SAMPLE ITINERARY**

**Faraway is Close**

**presents**

*Six days and nights out of time, and in place, to experience **YOUR VOICE AS CATALYST**, and **SLOW DOWN ON THE LAND** in Capileira, one of the most beautiful villages of the Alpujarras.*

Arrive Sunday, May 5 - Leave Saturday May 11, 2024



**DAY ONE, MAY 5: SLOW DOWN ON THE LAND**

## MORNING

Arrive from Granada

Rest

## LATE AFTERNOON/EARLY EVENING

**WELCOME TO THE SLOW DOWN**

Welcome Stretches and Meditations

Short writing exercises to invoke guidance and support for the journey ahead.

Odes to La Naturaleza Dentro, the interior landscape, where we will be journeying.

A short walk on the land to introduce ourselves to the landscape

**GROUP WELCOME DINNER (early dinner)**

**DAY TWO, May 6: EXCAVATE SILENCE**

## MORNING

Walk, Stretch, Meditate

Writing exercises to explore the truth and fiction of what keeps you silent

## AFTERNOON

Visit with Sonia Moslero, our Capileira based co-facilitator. Sonia is a poet, body work therapist, naturalist, a water spirit with a special affinity for flow.

Inspired by her poems, and stories of the region, we'll share a contemplative activity on the land, perhaps gathering objects in nature and creating a mandala, or planting seeds or moving small stones into shapes that express your silence. We create a POEM MANDALA.

**DAY THREE, May 7: EMBODY THE WORDS**

## MORNING

Walk, Stretch, Meditate

Writing and movement exercises to express what wants to speak

## AFTERNOON

A guided embody activity - we perform our words on the land. I'll go first! And we will dance. Don't worry - no one is judging how you dance and there's no choreography to learn. We move and stretch to find our own rhythm. Dance and movement helps the words find their flow, helps the self find its natural expression.

**DAY FOUR, May 8: A LONG WALK WITH FEAR**

“every time fear arrives, I invite it in for tea”

This is the poem that changed my life, and became a play, changed my deepest fear (being seen on stage) to my deepest passion (being seen on stage). More [here](#).

Today, we take fear to heart.

We invite fear in for tea and see what it is made of.

Each of us have a unique “fear” voice.

Today, we’ll playfully and gently listen to that voice, let it reveal itself, write it out, stretch it out.

We’ll go on a LONG WALK WITH SONIA down to the river, across the valley, through a ghost town and back, and yield our fears to the trees, to the wind, to the sky, and to the land.

**DAY FIVE, May 8: FUN WITH FIRST DRAFTS**

MORNING

Walk, Stretch, Meditate

Writing and movement exercises to CREATE MESSY FIRST DRAFTS of our ONE CATALYST EXPRESSION, a 4 min statement made of what has kept us silence and what wants to speak

AFTERNOON:

FUN WITH VOICE and BODY: Together, we'll play with our VOICE, understanding fun ways to speak and move so we get used to the sound of our voices and our body GESTURES. There is no judgement here. No trying to speak or move in one way. We are just loosening up the VOICE, and letting the body MOV, playing with the SOUNDS OF YOU speaking what is true for you.

## **DAY 6, May 10: CATALYST SHARING CIRCLE**

MORNING Walk, Stretch, Meditate

Each of us SHARE our ONE CATALYST EXPRESSION, a 4 min statement made of what has kept us silence and what wants to speak.

The group will offer RESPONSES. Not feedback, not critique. GUIDED Nurturing Responses that support what each of us is expressing. This is a safe nurturing space. We'll be given guidelines as to how to share our responses, so they feel like water that nourish the young green saplings, our words are those young green saplings, just coming out from the earth.

EARLY EVENING:

We'll go down to the river, the Río Poqueira, fed by water from the high mountains. Here we'll speak excerpts of our Catalyst Expressions. We'll put our feet in the water. We'll surrender the whole experience to the river, trusting the experience will flow as the river does, white streams of water from their high mountain source, like the creativity that flows naturally from us, especially when we take time to nurture it - as we have done. Adelante con arte.

**DAY 7: Everyday Catalyst**

MORNING

Walk, Stretch, Meditate

BRAINSTORM & WRITE OUT

**What is our goal as we leave this place?**

**What has the catalyst expression cleared the way for us to see?**

In fragments, in shadow and light, we write what we see and then we break it down to the smallest next steps and then we take one small step, each of us, all together. This could involve writing a draft of an email we need to send, or an outline, or practicing a conversation we need to have with someone.

We share this and then we walk nearby to an ANCIENT ERA, a threshing place for wheat, with views of the mountains. It's a lovely place for our words to be witnessed and strengthened by ancient energies, especially as we prepare to leave.

**GROUP FAREWELL LUNCH**

**Bus to Granada or Taxi (Buses at 450pm and 635pm)**