



# wild woman

Being Woman.....being wild..... returning to your primordial you

Welcome to a workshop, with basics in therapy and rituals, which aim to rediscover the lost parts of the feminine source and strength.

Being a wild woman, is to remember your contact with the wisdom of the body, the wisdom of nature, and the strengths of relational knowledge and all things interdependency and cyclical rhythm.

Because we have lost our important parts of the feeling of belonging to a female community and the earth, we might at times feel alone, dried out, tired, fragile, fearful, or powerless, prone to choose badly in relations or in our daily life.

We might have lost touch with the inner source  
and the wildness is hibernating!

When I say "wild" it doesn't mean out of control or losing your humanity, but in the primordial meaning: to a natural life with your gut feelings, good boundaries and the integrity of your organism.

A wild woman is robust, with a strong life force, a life giver. She has a sense for her territory and a devotion for her pack. To love and honor your body no

matter how it looks or the abilities it might or might not have. To speak your own mind and act on your own behalf. To trust your deep intuition and sense as reliable sources of your own truth.

In the workshop we will put attention to:



-discover and heal the wounds in the feminine  
-take a good look at the inner persecutor/predator/shadow...and how we might also seek it projected out in our relationships.

- to work in an intuitive creative and ritualistic way with your inner knowledge and healing.
- grounding the wild beautiful life-energy in the body by using our voice and body to contain and express this energy, and thereby building charge and expanding your life-energy tolerance.
- working with the female sexual energy and power
- connecting to myth and female archetypes, to deepen the consciousness and deep mystic understanding of the feminine energy yin.

During these 4 days I aim for you to get the scent of YOUR female energy, rather than promoting a special form or norm on how to be a woman. Respect for the individuality in each and everyone in the process, is a keyword to me as a crone and group leader. That means that every woman is on her very own unique personal journey, and at the same time I put a big focus to the group spirit and the gathering circle as a healing necessary female tool.

The form will include gestalt and body therapy, shamanistic rituals in nature and ways to get in touch with the inner force and knowledge. There will be a lot of bodywork and dance, anger, power, laughter and tears are to be expected. I will listen to what you bring as a focus/working-point for the workshop and try to incorporate it in the flow.

The workshop is held in a beautiful setting in nature, in Mols near the ocean. dates 22-26 may, starts wednesday in the evening and ends sunday afternoon.

The workshop is 400 € or 3000kr. The workshop will be held entirely in english due to our international sisters (also in the breaks). The board and lodging will be approx 140€ or 1000kr.

To sign up send a mail to [woman@post6.tele.dk](mailto:woman@post6.tele.dk) or call 004527287662 and you will receive further practical information and confirmation when you have paid 200€ in deposit.



your guide and traveling companion :Anne Marie Troelsen 61 and crone (wise elder) and psychotherapist during 3 decades .

[www.annemarietroelsen.dk](http://www.annemarietroelsen.dk)

