

OUR CELTIC HEARTH

A place to renew



WWW.OURCELTICHEARTH.COM

Bioenergetics Retreat

AUSTEN

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OUR LOCATION

NOVA SCOTIA



Our Celtic Hearth is borne of a vision to bring together healthy land, food, people and community. We strive to offer a place of rest and rejuvenation for our guests and visitors. We are within walking distance of Just Us cafe and museum and also the Hortonridge Malt House.

The old farmhouse was built over 100 years ago by a local carpenter and farmer. The cosy feel adds character and style to our current retreat accommodation. We have four bedrooms available with beds/ linens and shared washrooms. We also have a dorm style attic room with 4 single beds and ample space for camping on our 4 acre property.

The barn has been completely renovated to house two movement or teaching studios and a massage treatment space as well as commercial mushroom growing business. The studios can be rented separately or as an entire space including washroom, studios and commercial kitchen.



OUR STUDIOS

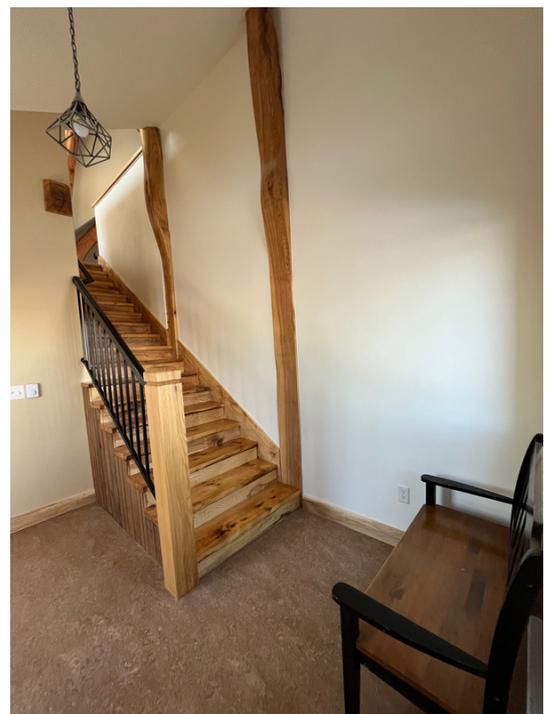
Main studio for small groups up to 12 people for yoga. The upper studio can accommodate up to 20 people for yoga.

The studios are separated and have distinct entrances. The accessible washroom is on the main floor so all occupants share these amenities or there are washrooms available in the house for retreat guests.

Studio space is rentable by the hour (\$25) or \$200 for an eight hour day. Please discuss your requirements to get an accurate quote for your event or retreat.

Between 7 and 12 guests can be accommodated in the farmhouse and there may be options for camping depending on duration and time of year. There are places to stay close by. The Evangeline Motel in Grand Pre, the Grand Pre Winery, Evangeline Campground are all options.

We have regular classes running and you are welcome to join a class during your stay if there is space.



ACCOMODATIONS

room with Queen bed- based on single occupancy
\$80 per day per person

room with Queen bed - based on double
occupancy
\$50 per day per person

room with 2 twin beds - single occupancy
\$60 per day per person

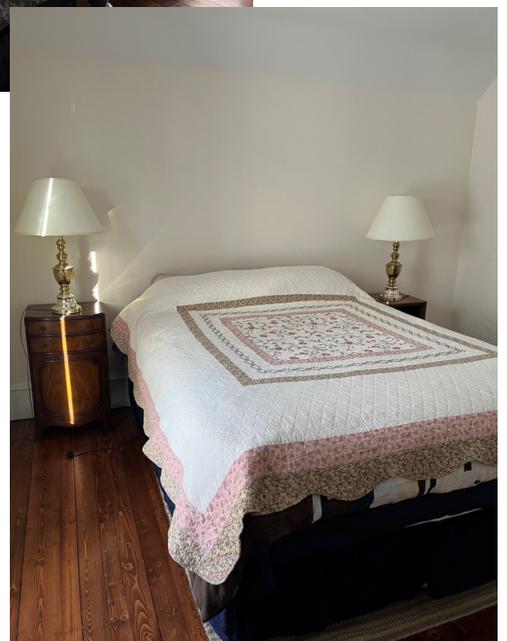
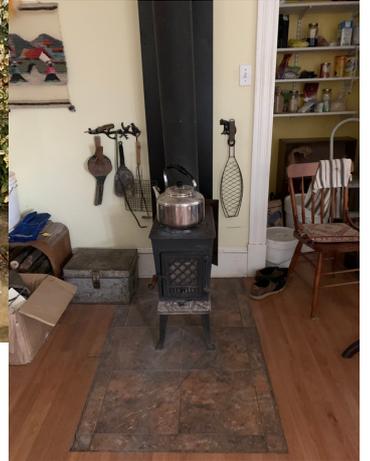
room with 2 twin beds - double occupancy
\$40 per day per person

room with full bed - single occupancy
\$50 per day per person

dorm room - 4 single beds shared space
\$25 per day per person

camping - bring your own tent and gear *
\$20 per day per person

*includes use of shower in the main house
**all occupants share 2 full bathrooms in the main
house



BIOENERGETICS RETREAT - AUGUST 18TH-24TH, 2024

Join us for a week of growth and play in the beautiful Annapolis Valley
Your Therapists for the week will be Laurie Ure, Angela Funari and Dan Beaudette,
and your hosts Ailsa Keppie and Declan King.



Ailsa Keppie



Declan King



BIOENERGETIC ANALYSIS

is a holistic form of psychotherapy that focuses on listening not only to your words but also to your body's messages. Bioenergetics focuses on the unity of mind and body, that feelings have roots in bodily experience and that our mind uses information generated in the body to motivate our ways of being in the world.

JOIN US FOR A WEEK

The Retreat is a week-long experience of community living and personal growth. Our time together will include individual and group therapy, movement, creativity and Qigong. It's a unique opportunity in a safe and supportive atmosphere.

AILSA AND DECLAN

Your hosts

Ailsa grew up on this property and has returned home finally to co-create this beautiful Retreat Center. She has travelled and worked in a few different countries and has a unique background and experience which she brings to her teaching and hosting.

Declan grew up on the West Coast in Vancouver. After finishing up a successful career in the trades he has found his feet in NS tending to the garden and helping to run the Retreat Center.

MEET THE THERAPISTS



LAURIE URE

Lead Therapist

Laurie is a Licensed Independent Clinical Social Worker and Certified Bioenergetic Therapist with over 30 years of experience. She has a private practice in Gloucester, MA. She brings joy and playfulness into her work and respects deep emotional and energetic processes. As a faculty member of the International Institute for Bioenergetic Analysis, Laurie leads workshops and trains therapists internationally.



ANGELA FUNARI

Therapist

Angela believes in creating a safe place for clients to feel heard, seen, and supported while exploring and discovering their authentic selves. She believes incorporating somatic work in the therapeutic process assists clients to live more vibrantly. She is a Registered Counselling Therapist - Candidate in Halifax, NS and completed the Bioenergetic Analysis Training Program.



DAN BEAUDETTE

Therapist

Dan is currently completing his Masters in Psychology Counselling in NB and has completed the ProfessionTraining Program in Bioenergetic Analysis.

AUSTEN



GET IN TOUCH

2367 Ridge Road, Hortonville, NS
B4P2R3

ourcelticearth@gmail.com
902-608-6080

WWW.OURCELTICEARTH.COM

For More Information, call 902-608-6080 or email ourceltichearth@gmail.com. Leave your name and number and a good time for us to contact you.

The fee for the week is \$1200 CAD (\$900USD) and includes all meals as well as all programming and group and private therapy sessions.

Accommodation cost is additional and depends on your room choice see Accommodations page.

The retreat starts at 7 pm on the 18th and finishes at noon on the 24th; more information will be sent to participants as the time draws closer.

Please send your full name, postal and email addresses and telephone number by email with your preferred accomodation choice and I will send you an invoice for the week to be paid on receipt. The fee is refundable, minus a \$100 processing fee, if cancellation is received before July 15th.

Ailsa Keppie
ourceltichearth@gmail.com

Our Celtic Hearth Center
2367 Ridge Road
Hortonville, NS
Canada
B4P2R3

Registration info - please include:

Name: _____
Accommodation choice: _____
Address: _____
City: _____
Province / State: _____
Postal / Zip Code: _____
Telephone: _____
Email: _____