

KAMPONG CAMPUS, TENGHILAN

partnering with
nature

This program will initiate the practice of tuning-in and communing with nature. The first day focuses on fundamental principles of connectedness with nature, while the second day focuses on conscious communication and partnering with nature. Through practice and reflection, sharing and solo time, we will explore the breath, body awareness, presence, healing, grieving, sacred activism and play, and learn to be in reciprocal relationship with nature.

This session was first held in-person on
26-27 July, 2021



Programme Outline

Intention Setting

What Would Nature Do (WWND)? -- Nature as Teacher

Solo I: Taking your Intention to your Sit-spot

01

Movement & Reflection

Building Connection with Nature

Solo II: Observing the Experiential Field

Nature-based Gratitude Exercise

Communicating with Nature

Partner Question Exercise

Solo III: Asking Nature a Question

(optional) Facing Fears in the Night

02

Movement

Encountering Self in Nature

Solo IV: Find a Teacher in Nature

Nature as Healer

Solo V: Healing & Art Sharing

03

Meet your Facilitator!



Claire Vanderplank, founder of Weapons of Mass Creation

Claire is based in Noongar Boodja, South West Western Australia. She began her career as an Occupational Therapist, before deciding to focus on a more holistic view of health and sustainability. In 2012 she was hit by a truck, an experience which gave her the 'gentle nudge' to go on her first week-long wilderness Quest. From then on her understanding of what it means to be human in relationship with Earth changed forever and her work changed with it. Her work centres around 'Partnering with Nature'; how we can deepen connection with inner, outer and true Nature and how we can integrate the lessons and generative patterns of nature into our collective systems and communities, as an imperative for this transitional period in human history. She is a facilitator, shamanic practitioner and guides people in nature-based spiritual cultivation practices through the Way of Nature lineage, including multi-day wilderness quests.

