

# Nantstock:

**A tiny festival of Emergence; An inspiring and spacious retreat; A week of connection, creativity and community.**



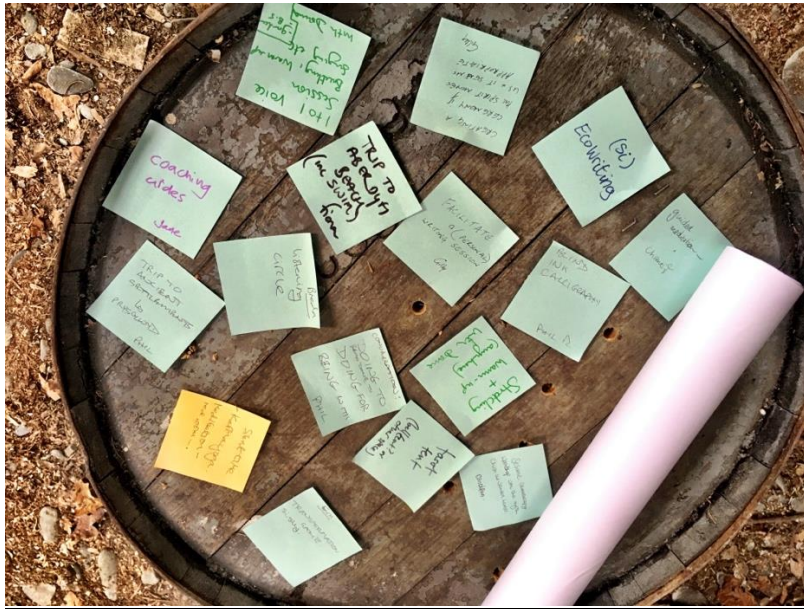
**9<sup>th</sup>-15<sup>th</sup> August**  
**£350 all inclusive**  
The Centre for Emergence  
Dyfi Valley, Wales.

**Nantstock is a small and beautiful gathering of amazing people** – artists, creatives, healers, and whole-hearted humans - with a maximum total of 12 of us. You might not all know each other but we know all of you - everyone has either worked with Emergence, visited The Barn as an Artist in Residence or participated in one of our programmes, events or retreats. Nantstock is open to anyone and everyone who has been involved in the Emergence community in any way.

*"I appreciated the gentle way the process was allowed to emerge, which along with the welcome and invitation to be 'at home' supported the relaxed real relationships that emerged between us."*

**As with all our programmes and activities, we are attempting to make this as affordable and accessible as possible.** Therefore places are £350, which includes all food and your accommodation for the entire time! (We also ask for an additional small contribution from everyone that is able to towards paying for hiring the local hall for activities if we use this).

## The Invitation



### **Chaordic not Chaotic!**

**Nantstock is an experiment in self-organising. Fern and Phil host this festival/retreat but the community really make the magic happen.**

We ask people to commit to coming for the whole 7 days - as we will be 'creating a small community' between us. However, there is the option for people to leave early (but not to arrive late or return once you have left). We want to create a 'safe enough', nurturing space and we feel if people pop in and out all the time this will be too disruptive.

*"I loved the walks together and the wonderful chats we had as we weaved in and out with each other along the way."*

### **Karma Yoga**

Whilst we are here together, we will invite everyone to be a part of looking after the whole – we will share cooking, cleaning, and gardening amongst other things. This we refer to as our daily 'karma yoga'. We will create groups and a rota, and there will be a specific, limited amount of time (1-2 hours) each day spent on this.

## Food



From your 'participation fee', we will plan a varied, plentiful and tasty menu for breakfast, midday, and evening meals. The menu will be vegan based, using lovely, healthy, local and organic (where possible) food. Some from the garden and some bought in. Phil oversees the making of the food with help from the community.

*"I want to appreciate the wonderful food we had and Phil's care in planning, shopping and cooking each day."*

Please tell us now if you have specific dietary needs. We will endeavour to creatively work with this but plant-based/vegan will be our baseline for cooking and providing meals. We will however provide both dairy as well as plant-based milk, spreads and yoghurt.

If you would like 'luxury', more expensive items such as fresh ground coffee, chocolate, cheese or cheese substitutes, then please bring these with you.

### **Alcohol-Free**

Nantstock provides an invitation to explore an alcohol-free space for the duration, and to lean into the gifts and challenges that come with that for each of us.

## **The Programme - Activities & Offerings**

### **What Can I Offer and What will we Do?**

**The invitation of Nantstock is for any and all of us to 'offer' activities.** This might be a small-scale invite for just yourself or another or for a small group. There is no pressure for anyone to 'get involved' in anything group/creative wise beyond daily 'Karma Yoga'. If you want to come here and just 'be', relax and rest, that will be a perfect contribution to the whole.

*“In sharing the responsibility for holding the space a sense of equality emerged and allowed our individual and collective confidence to grow.”*

**Have a think about what you might want to offer and take part in.** Making tinctures, teas, foraging, painting, drawing, voice, massage and bodywork, singing, meditation, conversation, silence, stillness etc, etc! ... And of course, there will also be cooking and gardening, walks exploring the local area, wild swims, generally resting and having nurturing conversations all on the emergent agenda!!



### **The Surrounding Area**

Your activity might involve leaving Nant y Gwenill and spending time away from 'home'. There are amazing wild swim spots, mountains, beaches and places to visit nearby...



## Group Activity Spaces

### **Group Room in The Barn**

The upstairs group space is perfect for running small group activities or for yoga, meditation etc. There are also outside spaces in and around the house where you might want to run or do something.

### **Y Ganolfan**

We have booked the local village hall/Y Ganolfan in Aberhosan (15 minutes walk away) for 'one-off' things. If people would like to do some larger activities which need more space, we can book this local village hall which has a lovely space for performance, moving, voice work, bodywork, gathering... It's a gorgeous space. There is also a well-stocked kitchen. This is for hire for £20-£25 per 3-4 hour slot and would need to be booked in advance in addition – if we did this we'd have a contribution hat for people wanting to use this to offer/be part of the various activities there...

*"We used Y Ganolfan for afternoon workshops. There was eleven in the group and we needed a large space for dance, art, yoga and drama. It provided a beautiful, tranquil large space with easy access and parking, although most of us took the opportunity to take the beautiful half hour walk."*

## Self- Organising and Meeting as a Group



On our first evening we have our first circle where we create a 'community agreement' which determines the way we will be and hold space together. Everyone inputs into this. It's a really important and wonderful process. We also have time and space for introductions and sharing. As every day is an 'emergent space' we meet as a community in the morning and evening to 'check in' together on where we are, how we're doing and plan what activities might be offered that or the following day.

*“I loved being part of this and to feel my own nervousness and that of each person as they challenged themselves and were encouraged by each of us. All of these things created a process from which a unique and healing group came.”*

## **Accommodation**

Accommodation options are as follows:

1. Camping in tents in the garden (please bring small tents only– we don’t have enough space for big ones);
2. Staying in your own van (or caravan!);
3. Having a room in The Barn (shared or solo) – limited number, on a first come, first served basis.
4. Staying off site – at home or local B&B.

*In your confirmation email, please let us know your accommodation choice or preferred option/s. Please note, if you chose to stay in The Barn, we cannot guarantee anyone having a room of their own as these are in very short supply! We have enough toilets and showers so even if you are staying in a tent you will have plenty of indoor space for relaxing in. Your tent is more just a sleeping space.*

If you prefer to camp or have your own van please let us know.

If you’d like to come but want to stay ‘off-site’ at home or in a nearby B&B that is also an option.

**I’ve read all this and I’d love to come!**



To ensure your place, please pay a £100 deposit to reserve your place (non-returnable, non-transferable), The remainder being payable one month before. Rooms are allocated on a first come, first choice basis. Rooms usually go fast so book early to avoid being disappointed.

### To Book Your Place

Please contact us either via our personal email/s or [info@emergence-uk.org](mailto:info@emergence-uk.org) to book.

### **Next Steps**

Once you have made your payment, please let us know

- Any dietary requirements
- Any activities you would like to offer at this stage

**If you have any other questions do contact us on [info@emergence-uk.org](mailto:info@emergence-uk.org).**

Thank you and we look forward to being together with you all in this exciting emergent space!

Fern and Phil

[www.emergence-uk.org](http://www.emergence-uk.org)

*With boundless thanks to Breda Murphy for all the beautiful pictures included above.*