

"The Heart Leaps Up..." workshop series...

Replenishing the Storehouse...



...a workshop for personal growth in the Greek Islands

9/10 – 9/18, 2013

Inspired by the final section of *The Odyssey*, in which Odysseus returns home at last, gets rid of what is not needed and reconnects with what is essential, we will consider and explore the idea of renewal in our lives. Our setting is the traditional mountain village of Lefkes on the island of Paros overlooking the Aegean sea. Our format is the use of stories and myths, dreams and the expressive arts, as well as the unexpected moment.

Led by Gioia Timpanelli, Dennis McCarthy and Jenny Bates. This workshop begins and ends on Paros, with a convergence of fellow travelers on 9/10 in the evening. Each day begins with optional meditation and movement, followed by dream groups, followed by image making on the beach. Each evening allows for a deeper exploration of replenishment using *The Odyssey* in the context of the expressive arts. \$1650. includes hotel for 8 nights (d.o.) with breakfast, shared car rental and workshop fee

Paros is a small gem of an island, famous in antiquity for the purity of its marble and today for the purity of its sunlight and beaches. The village of Lefkes, our setting for the workshop, sits in the mountains overlooking the sea, affording us a quiet spot to consider what may replenish us as individuals and humans. Using the latter section of *The Odyssey* as our map, in which Odysseus finally arrives home, we will explore ideas such as atonement, forgiveness, mindfulness, and the deeper self, paying attention to the myriad of images our psyche produces as we make our way in this life that will guide us if only we will listen.

Gioia Timpanelli is a world-renowned story-teller, Emmy award winning TV producer and American Book award winning author of *"Sometimes the Soul"*. Jenny Bates is a psychotherapist, classically trained pianist and a practicing Buddhist. She uses play, sand, dreams and art in her work with children and adults. Dennis McCarthy is a psychotherapist interested in the overlap of mythic story and personal process. He began "The Heart Leaps Up..." workshop series over twenty years ago. For more info. contact Dennis at metamorfoinstitute@gmail.com or at 845-331-1029. Please register early as space is very limited.

Help arranging travel is available. You can get a glimpse of Paros on the web or at metamorfoinstitute.blogspot.com