



**Evolving the soul: A path for our time**  
**A unique integration of astrology, *I Ching* and mindfulness**  
(mirrors, memory and modernity)  
Workshop in Lefkada, Greece  
With Dr Bronwen Rees  
May 13 - 20

*How can we make sense of the current chaos in the world?*  
*How can we find meaning in our individual lives?*  
*What do we need to do to nourish ourselves and find fulfillment?*

Our age is characterized by a disconnection and lack of belonging. This is caused by a scientific viewpoint that has taken away our felt connection with the cosmos.

Using ancient practices and modern insights we will discover pathways to re-engage with the cosmos. We will study the birthchart as a blueprint for the soul's journey, combining this with a study of the *I Ching* that, according to Jung, is 'a formidable psychological system'. Furthermore, it evokes an entire cosmological pattern of the interplay of matter and mind that reflects the nature of the 'field' in quantum theory – modern science meets ancient wisdom. These will be supported by an introduction to simple mindful practices to reinforce this potent pathway.

This unique integration of these old and brand new understandings can shine illumination on, and bring meaning to, our everyday lives as we move through a period of transition.

- In this workshop, you will discover:**
- **how to read the birthchart to discover your potential**
  - **how to work with the *I Ching* on a daily basis to help release this potential**
  - **how to contextualize this within a mindful practice to reflect upon and reinforce this pathway.**

### **Costs and practical details**

The course comprises 17 hours of study time and begins on a Wednesday to correspond with flights to Preveza.

It takes place at the Greek Island Astrology School run by Joanna Watters.

For more information on how this is run, go to

<https://joannawatters.com>

### **Tuition costs £ 345**

Accommodation and flights can be organized through Joanna who will inform you of flights, organize your pick up from airport if necessary, and how to find the best accommodation. The best way is usually a package deal costing between £400 and £500.

The course is organized to coincide with flights that arrive on Wednesday. The study days are Thursday, Friday, Sunday and Monday, leaving you to have two free days for boat, car hire, beach time, private readings or doing nothing at all.

It takes place at Joanna's house, and you will be driven there each morning. Lunch is ordered in from local restaurants so allow about 7 euros for that per day.

In the evenings, there are optional group meals at one of the local tavernas. These evening meals are great fun and end up as an extension of the course in terms of further discussions and insights. The school has existed in Nidri since 1995 to the groups are well known to the local tavern owners, meaning that you can get an excellent deal for evening meals!

Nidri is on the island of Lefkada which is one of the Ionian islands. It is on the west coast of Greece, just about Cephalonia and approximately 70 miles south of Corfu.

It is relatively small, and you can walk the length of the village in about 20 minutes. Yet it is the main resort of this mountainous and stunningly beautiful island, with plenty of shops, bars and traditional tavernas.



Dr Bronwen Rees has been a pioneering new ideas in business, psychotherapy and academic thinking for many decades. She developed the Centre for Transformational Management Practice at Anglia Ruskin University Cambridge for 12 years, introducing mindfulness practices into business. She built the East West Sanctuary in Budapest, Hungary, exploring the integration of mindfulness practices with sustainable businesses, leading workshops and retreats on many different themes. She is currently working on a Hungarian translation of the I Ching and Taoist practice. In her psychotherapy practice, she is developing ideas of alchemical practice as a pathway for transformation, combining these with working with astrological archetypes, and with the notion of the ancestral field as a way of removing blockages to relationship.

She has published widely, lead retreats throughout the world, and given talks in Thailand, Canada, the UK and Hungary.

For more on her work go to:  
[www.incubatio.co.uk](http://www.incubatio.co.uk)

