

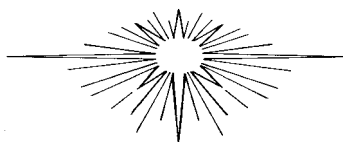


Mythical Journeys 1. The Journey of Inanna

The ancient Sumerian story of Inanna's descent to the underworld, her rescue and return is a motif for us to work with our own journeys and our shadows. Inanna, known by many names including the Goddess of the Sunrise and Sunset, enables us to address our 'in-between' times. Inanna is abundant and fertile yet abandons everything while she journeys into her darkness in order to meet her grieving sister. Inanna has trusted friends and assistants who support her so she can make her healing journey of return.

Aims of the Course:

- to provide a supportive environment for participants to explore their personal and professional issues;
- to show how ancient myths are relevant to our contemporary lives in their themes and symbols;
- to encourage the use of creative activities that enhance participant's experience and understanding.



Workshop Facilitator:

Dr Sue Jennings is an experienced therapist and storyteller who has worked in many countries. She has published over 30 books of creative activities and application, including *'Goddesses: Ancient Wisdom For Times Of Change For Over 70 Goddesses'* (Hay House 2004), and *The Pocket Goddess* series (Rowan Publications). She passionately believes in the power of stories to change our lives, especially if they can be explored through artistic activities. Sue lives and works in Glastonbury at the Rowan Centre.



Course Outline:

This two day workshop combines the use of: sensory awareness, movement, art work, enacted storytelling and masks. It focuses on participants own experience of direct work with the Inanna story and the journey into their shadows. There is time for sharing and processing and people are asked to bring with them a beautiful book for their personal journal. Everyone will work at their own pace and have time for individual reflection as well as group process.

Practical Information: The course takes place at Rowan Centre, 72 High Street, Glastonbury, Somerset, BA6 9DZ. Telephone: 01458 831395. There is parking nearby. Tea, coffee and cold drinks are provided. Please bring food on Saturday for a shared lunch.

Fee including materials: £90 (£75 if paid before 1 July), cheque payable to Rowan Centre. Please send a short letter about yourself when you book your place.

Everyone receives a Certificate of Attendance