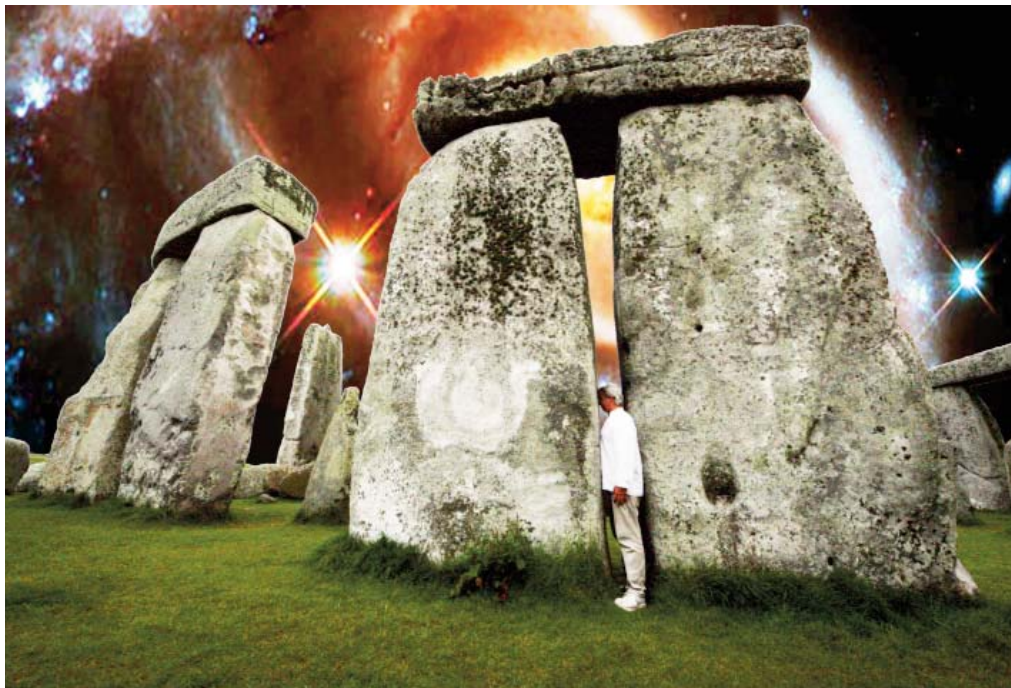




Six-day summer solstice tour of England

- Sacred music and energy healing pilgrimage with Hiroki Okano and Michael McBride

On the day of summer solstice the earth receives a mysterious sound frequency from the sun. Some believe this 'sacred sound' tones and guides us into a deep meditative state.

From time immemorial rites and rituals were performed on this day at various stone circles in England such as the Stone Henge, the most famous of all.

Though little known to wider world, are many ancient stone circles dating back 5000 years, scattered around Dartmoor National Park, west of England.

Our aim of this tour is to:

- make your own medicine drums to offer up 'prayer song' to the universe.
- activating the portal point within yourself to deepen and heal your connection to the universe and the earth
- perform rituals, meditate and connect with the power places in England.

Guiding the tour is:

Hiroki Okano, a sacred rite musician whose activities extend worldwide, with particularly deep affinity with England which brought him to the land for over 20 years.

As a supporting guest teacher:

Dr. Michael McBride, founder and master practitioner of Somatic Energetics. His unique transformational method of energetic and emotional healing will clear and intensify your spiritual journey and bring you into alignment with re-awakening consciousness of the summer solstice.



The healing group sessions will utilize the combination of the heightened energetic power spots, together along with the inspiring vibrations and Sacred Space of Hiroki's music.

Nigel Shaw and Carolyn Hillier

are our local hosts in Dartmoor. They are Hiroki's soul brother and sister and have a deep connection with the sacred Dartmoor landscape. Nigel and Hiroki are the founding members of *Bamboo Ceder Oak*, a musical band that features Native American flutes and drum. They have continued to produce and record music together for the last 15 years. Nigel's partner Carolyn has written many books on ancient spirits and elementals, and her knowledge is reflected in her painting, singing and also, crafting medicine drums.



Medicine drums have been used throughout human history as an important tool of prayer to communicate with spirits, and our workshop begins with giving gratitude to the animals that sacrificed their skin. Through creating drums using own hands, animals resonate with our soul and help open the inner door.

We aim to share together these 6 days of powerful transformational time of the summer solstice, eating healthy organic food and surrounding ourselves with sacred vibrations and music.

Retreat Itinerary

Thursday 06/18: Checking in at the hotel near Heathrow Airport individually
Free time until:
17:00. Evening reception/dinner during which members and staff introduce, receive general briefing of the tour, etc.

Friday 06/19: Depart hotel early morning
Michael works with the group at Stonehedge
Opening ceremony at Glastonbury Abbey
Visit to Chalice Well and time to enjoy shopping the new age shops

Arrive in Dartmoor by nightfall and after evening meal:

Fire ceremony in the Ceremony Dome to connect with Spirit of the land
Mini live concert

Saturday 06/20: All day Medicine drum making workshop - outdoor spot in
600 acres of pastoral field
Devon Cream Tea for tea break
(scones with clotted cream and homemade jam)
Evening:
Live meditational music by Hiroki and Nigel playing
medicine drum and Native American flute

Sunday 06/21: Morning: Finishing medicine drum making after breakfast
Afternoon: Somatic Energetics group session with Michael

Evening: no activities after supper for early bedtime

Monday 06/22: Depart before dawn to the sacred site and begin the solstice
ceremony at dawn
Music by Hiroki, Nigel and Carolyn
Energy work by Michael after the ceremonial music
Singing prayer songs by all tour members
Lunch at a local organic restaurant
Free afternoon (optional healing session)
Evening:
ceremony at the fire dome to celebrate completion of
Medicine drums

Tuesday 06/23: Early departure to Avebury
Playing ceremonial medicine drums at Avebury
Closing circle after stroll

Closing the programme at 16:00 at Heathrow Airport

Location: work is at the cottage within 600 acre of Nigel and Carolyn's private pastoral land on which are
traditionally built ceremonial dome and workspace.

Accommodation: first day at a well-known hotel near Heathrow Airport conveniently situated for arrival
from Japan. Within 5 minuets reach by taxi, easy for inexperienced travellers.
From the second day on at B&Bs close to workshop site, room share by 2~3.
Excellent location for spare time walks.

Tour price: 2200 Euro (tax inclusive) * Tour price does not include airfare

Price includes accommodation for 5 nights, meals, transport, admission fees, materials for medicine drum
making, all works within the tour.

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