

IFS in the UK

The UK IFS Community is Gathering!



Saturday and Sunday
17th/18th February
2018

**Penny Brohn Centre,
near Bristol**

Would you like to spend a weekend with other IFS practitioners, to explore, share and deepen your practice - strengthening our community, and changing the world with IFS, from the inside out?

You are warmly invited to a weekend of immersion in IFS, with friends old and new.

This isn't a training or a conference: it's a way of coming together to learn, grow, and have fun, making the most of the potential of shared time with others who love IFS too. With time to work, rest and play, there's something to satisfy all your parts.

The idea of this weekend arose from 'one of those conversations'...of the desire and passion to connect with IFS and each other between trainings. We want to be part of a growing IFS community, to have a channel for IFS enthusiasm and ideas in the UK, to share our learning, and our 'not-knowing'.

We want this weekend to be spacious, safe, nourishing, fun, and welcoming to all parts - with the shared intention of bringing the beauty and power of IFS more into the world.

Who is it for? So that we all have some shared understanding of IFS, the invitation is for people who have **completed Level 1**. We see our community as beyond the UK borders, and **participants from overseas are very welcome**. The venue is welcoming for those with dietary or accessibility needs.



The (Not) Programme

We'll gather using a process called **Open Space Technology**. At its heart is self-organization and Self-leadership. Together we'll create a programme for the weekend that will allow each of us to follow our own IFS interests.

Cost £60 *Includes refreshments, dinner on Saturday night, and a light lunch on both days.*

The fee is just to cover costs, not about making a profit.

Accommodation additional £50 +VAT per night

When? - We'll convene at **10.00** on **Saturday 17th Feb** and leave at about **4.30** on **Sunday 18th Feb**. On Saturday evening, we'll have dinner and then chat, dance, watch IFS videos....whatever feels right for you.

What is Open Space Technology?

Imagine a gathering that doesn't start with a pre-set agenda, but instead an empty one.

Imagine all the people who are there are the right people because they have chosen to be there and want to really explore and learn about something together.

Imagine a gathering where we are relaxed but conscious about time, and where nobody ever stays where they don't feel they want to, where it's okay to get up in the middle of something and follow your two feet to a place you'd rather be.

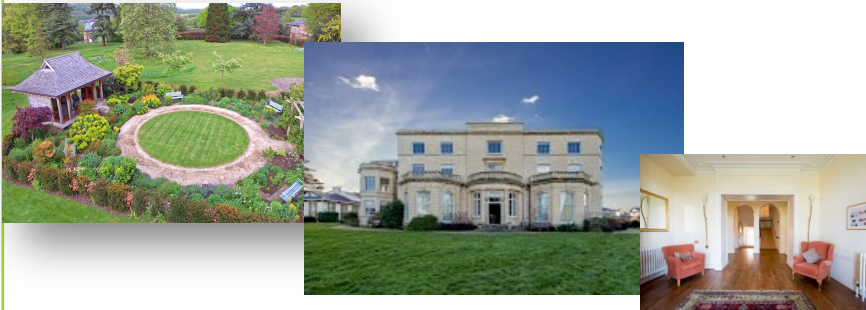
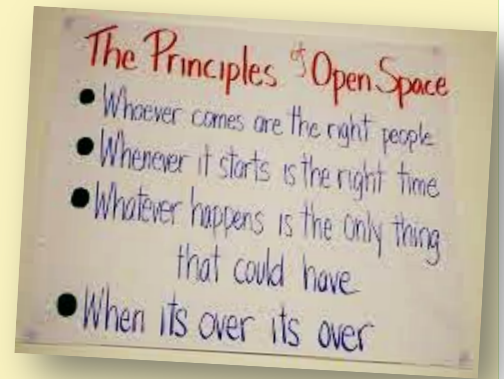
And imagine a gathering where nothing drags on longer than it needs to.

Imagine that gathering is this one, and that there's an empty agenda up there on the wall with time slots and meeting spaces waiting to be filled by you, right here, right now.

And all you have to do is step up and announce your session, and whatever happens is what happens, whoever comes are there because it's right for them to be there, and however long it lasts, is the right length of time for it to be.

Imagine we are starting right now.....

(More information on Open Space at www.openspaceworld.org)



Maybe this gathering will be the first of regular events as our UK IFS community grows.....this could be like the first Glastonbury, and, in the years to come, you can say you were there at the start!
Do join us!

Liz, Angela, Anzella, Marion, Toni

For FURTHER INFORMATION: contact Liz or Angela

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Angela Hayes angela@wrmatters.co.uk 07886 103366

To BOOK a place: contact Marion or Angela.

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Angela Hayes angela@wrmatters.co.uk 07886 103366

No 'early bird' given the low cost but it would help us if you please book as soon as possible.

The Penny Brohn Centre is a beautiful, tranquil place, just off the M5 near Bristol, set in 4 acres of beautiful gardens overlooking the river. Fresh, healthy food, plenty of free parking, and easy to get to by car, bike, train, or plane.

There are 25 comfy, en-suite double bedrooms. The cost is **£50 per person plus VAT for B & B** (£35 if sharing - doubles only). This needs to be **booked direct with the centre**. It's possible to stay Friday night as well as Saturday. If you don't want to stay at the venue, there are other possibilities nearby, and we hope you will still join us for Saturday evening.

Who are 'we'?

Five of us - Liz Martins, Marion Blain, Angela Hayes, Anzella Gregg and Toni Buffham. We live in England, Scotland and Wales, are therapists and non-therapists, and our levels of IFS training range from Level 1 to 3 and assisting. Angela and Liz are experienced Open Space facilitators. We all share a passion for IFS, for community, for changing the world.