

AWAKENING OUR
SOUL
AWAKENING OUR
INNER

FIRE



3 DAY Retreat in Ecopsychology

15-18 September 2022

Etna Nord Linguaglossa (Ct) - Italy

Ecopsychology practices in order to get in touch
with the depth of ourselves and of the Earth

A powerful experience of dialogue with your inner strength on the slopes
of the highest active volcano in Eurasia, the mythical Etna, in Sicily.

A seminar in easy English with two of the founders of the International
Ecopsychology Society.

A FEW WORDS ABOUT ETNA:

- Mount Etna is an active volcano off the east coast of Sicily, the largest and tallest active volcano in Eurasia: 3350 m high, with a base circumference of 140 km, covering an area of 1190 km².
 - She is one of the most active volcanoes in the world. “She”, because local people use to call her “The mountain”, which has a feminine connotation in Italian. The Etna is well beloved although she sometimes grumbles. Although eruptions can sometimes be very destructive, she is generally not considered particularly dangerous and thousands of people live on the slopes of the volcano and the surrounding areas. The ashes she scatters throughout the region make the soil particularly fertile and suitable for extensive agricultural activities.
- In June 2013, UNESCO announced the inclusion of Mount Etna in the list of World Heritage Sites.
- The name Etna can be derived from the Greek word *atho*, which means "burn", or the Phoenician word "attano". The Arabs called the mountain *Gibel Utlamat*, the mountain of fire.
- In Greek mythology, Aeolus had imprisoned the winds in the caves below Mount Etna. The Giant Egeados was crushed by Mount Etna, according to the poet Aeschylus, and was the cause of volcanic eruptions. In Roman mythology, Vulcan, the god of fire, had his forge under Mount Etna.





WHY WE CHOSE ETNA AND THE REGION OF ETNA NORD AND LINGUAGLOSSA

- The volcano is an expression of nature that combines all the elements. It has a very powerful presence and it is very important for its symbolism. It is a mountain in which the earth's crust opens up , connecting the outer with the inner of planet Earth, allowing the magma, the lava, to reach the surface, pushed by the gases that come from its depths.
- The volcano is very alike our consistency as humans and the way we are functioning, so we can project and understand ourselves in a deeper way by connecting with this magnificent expression of nature and Earth from within. What is more, Sicily was a crossroad of many ethnicities for many years as an island, so its history is very rich.
- We consider Etna as a place of valuable wisdom, deriving from its mythology, history, power of being... and this is what we will be open to receive throughout the days of our retreat.
- The territory of Linguaglossa, in which we will reside, is the north side of the volcano. We chose it because it lends itself well to ecotuning activities: it is rich in forests: gigantic pines, robust oaks, ancient chestnut trees rise to the sky.



15 SEPTEMBER 2022

20.00 Dinner - Opening ceremony
From a great ancient goddess:
an invitation to our roots

16 SEPTEMBER 2022

9.00 Walk to Rifugio Timpa Rossa
with Ecotuning exercises & Picnic
Greeting the Genius Loci
Green Mindfulness
The crossroads of the ancestors
The language of our four elements
Dialogue with the inner fire

17 SEPTEMBER 2022

8.30 Excursion at the crater, Workshops
Silent walk
Dialogue with the outer fire
Release the inner wound, getting in touch with ancient wild power
Ritual of Transformation

13.00 Lunch at Ristorante Monte Conca

15.00 Walk until Pineta Ràgabo
Getting in touch with the Nature that conquered the mountain
Dialogue with life beyond the fire

18 SEPTEMBER 2022

8.30 Workshops –
Closing ceremony –
Lunch
4 elements, one Planet
Our Fire, Air, Water and Earth Dance

PROGRAM

COST :

360 €

Early bird: 320 € until July 15th

There is a limited number of participants, so early registration is strongly recommended.

Deposit: 100 € refundable only until the end of July.

WHAT IS INCLUDED:

- Participation in all the workshops
- Taxes and excursion to the vulcano (with transportation, English speaking guide and insurance, usually from 40 € to 60 € per person + bus)
- Certificate of attendance recognised by the International Ecopsychology Society (IES)

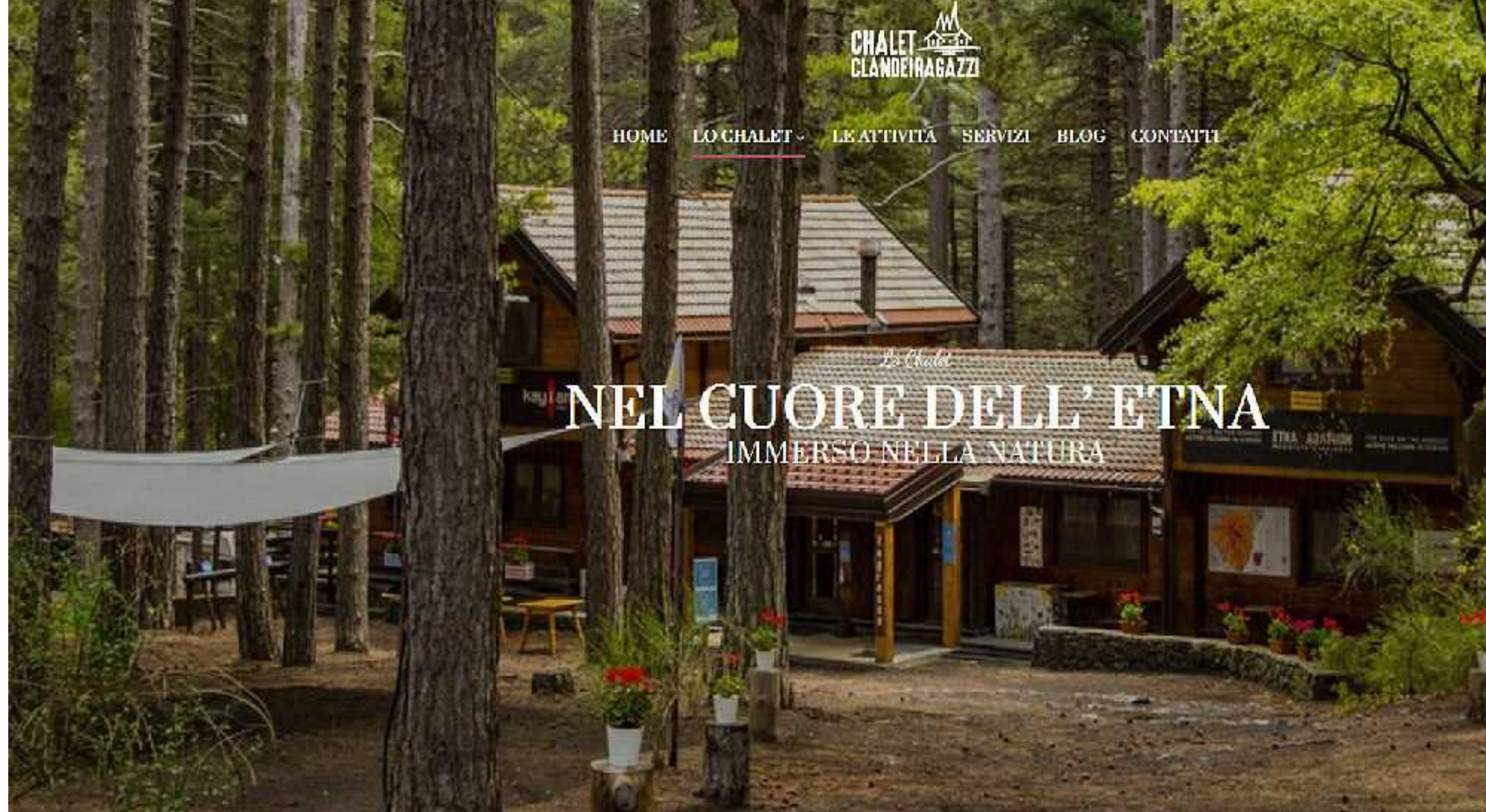
LANGUAGE OF THE RETREAT: *Easy English*

Covid-19: We will refer to the requests of the current legislation in September.
For now, only a simple negative swab is required.

WHERE TO REGISTER:

Through IES Italy in info@ecopsicologia.it

Through IES Greece in info@ecopsychology.gr



WHAT IS NOT INCLUDED:

- **Accommodation at Chalet Clan dei Ragazzi**, Etna Nord, via Mareneve, 95015 Linguaglossa
<https://www.etnanordchalet.it/language/en/home/>

Bungalow: 55 € night,
breakfast and dinner or Tent: 15 € night (including rent of a tent) + 20 € dinner + 5 € breakfast

- Further meals:

September 16 - Picnic: 5€

September 17 - Restaurant Monte Conca: 20 €

<https://www.ristorantemonteconca.com/>

All meals will be vegetarian.

- Transportation (for those required):
30 € for the official seminar shuttle from the airport and Catania city (the same for the return journey).
94€ for a three-seater car, customized timetable, from or to the airport.

COORDINATORS



Marcella Danon

Italian psychologist, supervisor counselor and journalist. Promotes Ecopsychology in Italy since 1996. She studied with a direct student of Roberto Assagioli and works in training for personal growth in the professional and business. She completed her education with seminars and vocational retraining in California, Holland and Spain, with some of the most important figures in this field: Fritjof Capra, Joanna Macy, Molly Young Brown and Anna Halprin. She teaches Ecopsychology at the University of Valle D'Aosta (Univda), together with the ecologist Giuseppe Barbiero. With her husband, the physicist Bruno Gentili, she founded in 2004 and heads in Osnago (Lecco), "Ecopsiché", the Italian School of Ecopsychology, that combines personal awareness and environmental ethics. The School offers training and refresher courses for professionals in the world of psychology and education, training group leadership and personal growth "in nature, with nature, for nature." She is member of the board of the International Ecopsychology Society (IES) and has been the president from 2009 to 2012.

Kleio Apostolaki

Was born and raised in Athens and currently lives in Crete. She studied Psychology with Clinical Psychology at the University of Kent, U.K. and continued graduate studies -Master in Mental Health at the University of London (King's College), where she followed direction in Dynamic Psychotherapy and Cognitive-Behavioral Psychotherapy. In Greece she continued specialization in STAPP (Short-term anxiety provoking psychotherapy), EMDR (Trauma) therapy and adult education. She has participated as a speaker in numerous national and international conferences, she writes articles in magazines and daily newspapers and has holdings in most television media as a guest expert. Her special relationship with nature, in 2006, directed her in Ecopsychology, when she became a member of the European Ecopsychology Society. In 2009 she received the Diploma of Professional Development in Ecopsychology from the University of Strathclyde, in Glasgow. Later she became Dolphin Therapist from Alpha Therapy Institute in Austria. Today is officially recognized as a charter of the International Ecopsychology Society (IES) in Greece by establishing the "Hellenic Ecopsychology Society", she is member of the board of the International Ecopsychology Society (IES) and has been the president from 2016-2019.





ETNA 2022