

# CLOWN & RITUAL RETREAT AT CAE MABON

Facilitated by Zuma Puma (Founder of Clownlife)

**DATES: JUNE 27TH - JULY 1ST 2022**

Join us from Monday to Friday in the infamous magical woodlands of Cae Mabon for a Clown and Ritual retreat like no other!

**APPLICATION DEADLINE - MAY 20TH 2022**

## INVESTMENT

Sliding Scale £495- £700

\* Includes: veggie/vegan food, facilitation course fees, venue costs including hot tub and shared or private accommodation

## THE INVITATION

Dear Wild Humans of Expression

We invite you to join us on a journey into the profound worlds of clown, play, ritual and clown ceremony on the incredible lands of Cae Mabon. Stunning landscapes with rivers, waterfalls, mountains, forrest, a cedar heated hot tub, gorgeous hobbit like accomodation and contained workshop spaces here to hold us as we tend to our wild selves.

### THIS RETREAT IS FOR YOU If..

You are a curious being, interested in exploring the physical body and your uniquely ridiculous self. Ready to unleash your inner clown and dive into the transformative work of clown ritual, performance and community whilst embracing this tender land.

### WHAT IS IT?

We will be working in nature and in indoor spaces to explore how the clown can inform our life on and off the stage (in performance, writing, movement, painting, playing, living etc).

There will be performances and group social events in the evening after a full immersion into the world of clown throughout the day.

This will be an intensive process with a full schedule so please apply if you're yearning for a full, holistic community-based retreat.

### WHAT WILL WE DO?

Our week will focus on: connection to self, the other and the land. We will work with presence, develop our humanity and self-expression through play. This will create space for risk-taking, allowing you to be seen as you are (with all the detail of your life and the characters that you bring to the world). We will listen deeply, play in nature and create rites and rituals which connect us to the core of our life force and creative spirit.



[www.clownlife.org](http://www.clownlife.org)



# THE RETREAT

## THE MISSION:

Our 5 day Retreat at Cae Mabon will focus on: Connection, Presence, Humanity, Self-expression, Play, Community, Authenticity, Risk taking/Stepping out of the comfort zone, Being seen, Listening, Expressions of the Ridiculous, performance, freedom of expression and playing/being with nature, one another and the world.

We will be looking at how the practice of clown can help us to live whole-heartedly in everyday life as well as improving performance skills, building confidence and communication with others. Whether you are a performance artist, comedian, drama/art therapist etc. or someone who just wants to play and be seen, this intensive is for you.

## WHAT YOU WILL GET FROM THE RESIDENCY:

Facilitated Exercises  
Performance development in Clown and comedy  
Connection with community and nature  
Being seen and seeing others  
Play and expressions of the wild self  
Rituals and Ritual Performance on the land  
Sharing honestly with vulnerability and sensitivity  
Seeing the humour in your world  
Having a ridiculously fun time  
Camp Fire hang-outs  
Performance Cabarets, immersive happenings  
Forrest Bathing  
Daily Check in's with an open and closing ceremony  
Leisure time to walk, dream, write  
Hot Tub nourishment  
River bathing  
Creative flow practice with Painting, movement and freewrite  
Full Mind, Body, Heart, Soul nourishment  
More laughter than you've had all year!

## DAILY ITINERARY:

Morning: Movement, dance warm ups and games  
Afternoon: Introduction to Clownlife pedagogy and performance practice  
Late Afternoon: Performance Generating exercises and act development  
Evening: Sharing what we have created throughout our day

- Immersive cabaret in the forest, Clown cabaret, Clown feast
- This will be an intensive process with a full schedule so please apply if you're yearning for an artistically full, in depth enquiry.







# OUR LANDING:

## THE LAND:

Cae Mabon is one of the UK's top rated Retreat Centres and is known amongst many as a "Welsh Shangri La, hanging on a steep hillside with stunning views across to Snowdon. There is a river running through with water falls, majestic forrest, hobbit like grass roofed cob huts and a cedar wood heated hot tub. The Ceremonial spaces and gathering room for the in depth workshop facilitation making this venue an unforgettable place for a Clown and Ritual retreat.

## THE SITE:

In an oak forest clearing... by a rushing river... near the lake... at the foot of Snowdon... is the Cae Mabon Eco-Retreat Centre. At its heart is a thatched Celtic Roundhouse, home to many convivial evenings of fireside story and song. Circling this hub-hearth is a family of seven elegant dwellings made from strawbales, cedar logs, cob, stone, thatch, turf, timber and hempcrete. Together they accommodate up to 30 people. A renovated barn contains a fully equipped kitchen and a large room to eat and meet. There is a composting loo, washroom, thatched shower hut and luxurious hot tub

## ACCOMMODATION:

We will be sleeping in the infamous hobbit like huts of Cae Mabon. Most of the accomodation will be shared amongst 3 participants. However there are options for private accomodation if preferred.

- Participants are expected to bring their own duvet/ sleeping bag and towel however there is an option to rent these for an additional 10£.

## FOOD:

We will delight in delicious Vegetarian meals cooked by all of us.

- All participants will sign up to a rotar on Day One and work with recipes to be prepared in a very basic kitchen. As this residency is as much about living in community, the way in which we keep clean and care for the land and our spaces will be a group responsibility.

## OUR HOSTS AT Cae Mabon:

Cae Mabon is a world class wonder, an incredibly inspiring land with a potent mission for sustainability, land tending and conscious works.

Check out their website: <https://www.caemabon.co.uk/about>



## INVESTMENT

**INVESTMENT: £500- £700 (sliding scale) this cost includes;**

**World Class Venue, Accommodation, Food and Facilitation from Monday- Friday**

**£495- Low income/Student (covers cost of retreat and SMALL contribution towards facilitation)**

**£555- General Admission- covers full venue fees & course facilitation**

**£666- Abundant/ Private Accommodation**

**£700- Pay it forward- Includes Private Accommodation and supports to the low income contributors.**

**\*LIMITED SPACES: 10 participants (please note: the Clownlife retreats have a history of filling up, it is recommended to apply sooner than later to avoid disappointment).**

### **TRANSPARENCY CLAUSE:**

Please note that the break even cost for this retreat is £300 per head which only covers the venue and basic food costs. The low income place offers just 150£ contribution towards facilitation and the facilitators travel , this is a super discounted price for a 5 day programme. Please only select the low income option if you are truly low income. It is important for me to make this work affordable , when booking venues like Cae Mabon it is truly an act of love that makes it happen as it is not much of a money making event.

- If you are in need of a payment plan to make it more possible please let me know.

**An initial non-refundable deposit of £150 will be asked to secure your place on the retreat.**

### **THE YEARNING**

If you are yearning to develop artistically, conjure new inspiration for performance, experience the Clownlife pedagogy, expand your performance repertoire, live in community, immerse yourself in nature, laugh, play and be wild then jump onboard this clown train. This will be a gorgeous holistic community based performance development retreat that is connected to and informed by the land, ritual and of course bringing the comedy of you out into the world to shine bright where it's most needed. I cannot wait to see you soon!

## **APPLICATION DEADLINE IS MAY 20TH 2022!**

Please email Zuma Scott via [info.clownlife@gmail.com](mailto:info.clownlife@gmail.com) with any questions or concerns you may have regarding the event.

**We look forward to hearing from you soon.**