

Michaelmas Term Well-Being Offering with Ally Stott:
Meditation for Wellbeing in Stillness and Movement
In the Chapel and on Port Meadow

Meditation Dates and Times:

All sessions begin at 3.30pm on Thursday afternoons (apart from Week 3, 6 & 7).

Week 1: Thursday 16th October 3:30pm – Meadow.

Week 2: Thursday 23rd October 3:30pm – Chapel.

Week 3: Tuesday 28th October 3:30pm -- Meadow.

Week 4: Thursday 6th November 3:30pm – Chapel.

Week 5: Thursday 13th November 3:30pm – Dusk Meadow Meditation.

Week 6: Monday 17th November 3:30pm – Chapel.

Week 7: Tuesday 25th November 3:30pm – Chapel.

Week 8: Thursday 4th December 3:30pm – Chapel.

Meditation Introduction:

For thousands of years, in caves, forests, by rivers, in chapels, halls and huts, alone and in groups, people have engaged in meditation in stillness and movement. The practice of meditation is as relevant today as it was for our ancestors many moons ago.

Mediation is a practice of being aware of, and in conscious relationship with *what is* in the unfolding now. Awareness notices how life is expressing itself within and around us and sees that all life is woven together. Simultaneously we may notice the presence of our shared *original nature*, a background ease, peace or vibrant stillness. No matter what is happening in our lives, our shared *ground of Being*, is always present and unaffected by the conditions of our lives. At times we can feel at a distance from our body, Earth and the sacred. Meditation helps us come closer to the intimacy of the great presence that is already here, as us.

Over time a regular meditation practice in stillness and movement can increase a sense of wellbeing and relatedness. We find we are more able to be with the winds of change and uncertainty that blow through life with less drama, anxiety and suffering. This path of practice offers an alternative to



following the habitual patterns of thinking and behaving that tie us up in knots and create feelings of unworthiness, separation and depression.

Physical inactivity and too much time spent indoors negatively affects our physical, emotional, mental and spiritual health. Regular physical activity and movement practices with the land can reduce the risk of depression by up to 30%, reduce stress levels and improve our quality of life and sense of wellbeing.

Sessions:

Meditation sessions last for an hour and happen both inside the chapel and outside with Port Meadow, as part of the ecology of the meadow in the weather of the day.

All sessions include a guided eco-somatic practice; tuning into and receiving your body – just as you are, embodied awareness of the life of the place we are within, leading to awareness of the interplay between body and place. This approach offers each person the experience of feeling themselves woven into wider communities and ensouled ecosystems. All sessions will include time for sharing and questions.

For sessions on the Meadow bring all that you need to be comfortable outside in unpredictable weather for an hour. Meet at the entrance to Port Meadow at the end of Walton Well Rd, 10 minutes beforehand, to give yourself time to arrive and transition.

Meet in the chapel 10 minutes before the session starts, to give yourself time to arrive and transition, in the cooler months bring an extra warm layer with you.

To support our practices phones will be off for the duration of the sessions.

Ally is an experienced UKCP registered Psychotherapist specialising in Ecopsychology with Masters degrees in Core Process Psychotherapy, Critical Theory (Arts), a B. A. in Fine Art and a Diploma in Craniosacral Therapy. She has been offering retreats, trainings and individual sessions exploring conscious embodiment and healing our sense of separation from body, Earth and the sacred since 1998.

Ally's Website: <https://www.allystott.co.uk/>

