Feminist Hiking Healing Retreat space guide

- The space we co-create embraces every participant in their wholeness, all identities.
- We aim to co-create a space that feels safe and brave for all.
- Key principle of space we co-create: we all share and collectivise our needs.
- There is no clinical approach to needs, we consider wellbeing as holistic, grounded in our interconnection and our belonging to the earth – and this retreat is grounded in collective healing - we heal from the trauma and distress – which is structural – we heal but we are still in the context of a capitalist, individualistic, competitive, violent system. Yet, we heal.
- We can't dismantle the master's house with the master's tools (Audre Lorde). We can't find the healing framework and tools with the same system's approach and paradigm.
- We heal because we are together and together with the earth.
- We nurture our grounding and belonging. We build our collective RESILIENCE.
- We unlearn and leave behind categories, tags, narratives, and language that the system and its structures and hegemonic media has taught us and embedded in our lives. We leave that behind.
- We heal from violent, discriminatory, binary, pathologising, divisive, dissecting language that does not recognise that healing is holistic, wholeness, collective and grounded in our belonging to the earth.
- We create space to listen to our inner wisdom, to our hearts, our core.
- We share our needs to be able to be liberated, heal in liberation and togetherness, with no fear, we let go of fear, of categorisation or judgement, we share our needs as we embrace each other in our wholeness and in our belonging to oneness. We immerse ourselves in nature because we are nature. We radically heal. The soil is strong and resilient, and so are we.
- We build a collective space, grounded in collective responsibility and accountability. We all lead, hold space, make space, listen, lean and shape, nurture and share kindness and love.

- We aim to create a respectful, compassionate and kind space where we feel we can be fully ourselves and freely express our views, ask questions, without fear of reprisal or judgment.

- When we speak, we should be mindful that some people may have personal experience of trauma, violence or other things. We discuss, we give each other time to contribute. Some of us may need more encouragement than others and we should support each other to participate if they wish so. Nobody should feel forced or pushed to provide input or participate in activities if they don't feel like doing so.

- We all need to be aware of our own privileges and understand how oppression may affect people. There may be times that we unknowingly act in an oppressive way, and we should all feel comfortable to respectfully challenge this behaviour either in the group, to facilitators or to each other. We should also pay attention to how much space we take and give to others, and to be aware as to whether we are dominating a space / dialogue and need to let go.

- We aim to build trust slowly, share stories, allow for emotions, and feelings to flow. We find common ground in our difference, we can take out time before speaking and sharing, we take the time to listen together.

- We will support each other to learn from our experiences. We will unpack profoundly how the patriarchal capitalist system of violence has influenced every aspect of our experiences. If language is not clear, we feel safe to ask for explanations or details.

- If you feel concerned or feel the need to share, please refer to any of the three facilitators.

- If we feel triggered, we can ask the conversation to pause/stop.

- We never leave the group during hikes, and we follow the safety briefing instructions. We are responsible for ourselves.

- Never feel obliged to share if you don't feel like – do not disclose details if you fear any backlash to you / your community, as we are often in spaces with other hikers around.

- Keep attention during the hikes – pay attention to every step.