

The Power of Connection: from anxiety to regulation through storytelling and somatic practice

With Jon Cree and
Madelanne Rust-D'Eye

+ Fireside storytelling by Rowan Salim



If you support others through **stress**, **anxiety** or **overwhelm**, as a teacher, outdoor facilitator, coach or therapist this two-day course offers practical, embodied ways back to **regulation** and **connection**, through story, the body and the **natural world**.

What you'll experience

- Two days of attunement work in and with the natural world, and with each other, alongside guided work with story and metaphor.
- Time with Jon Cree and Madelanne Rust-D'Eye, drawing on decades of Forest School, somatic and trauma-informed practice.

You'll leave with

- Practical ways to regulate your own nervous system.
- Skill to recognise and reframe dysregulation in others.
- Safe ways to use story and metaphor with difficult experiences.
- Nature-based practices to support connection.



5th – 6th Dec 2026 9am – 4pm

Plus a Saturday storytelling evening session included (optional) 5pm – 8pm



**Our woodland site near
Laughton, East Sussex, BN8 6BP**

£280

BOOK YOUR PLACE

circleofliferediscovery.com

