



Walking Awake in Celtic Spirituality A KIRKRIDGE PILGRIMAGE TO IONA, SCOTLAND

Led by Denise Crown and Nick Prance
of Walking Awake, LLC
Friday, May 10th - 18th, 2019

Kirkridge and Walking Awake, LLC extend a special invitation: You are invited to become one of a small group of pilgrims to embark on a soul-enriching journey to the Isle of Iona, Scotland May 10th-18th, 2019.

Our week together on Iona will offer a balance of structured group gatherings, opportunity to participate in guided walks to many of the island's sacred sites, an informative tour of the Iona Abbey, Nunnery and Oran Chapel, a boat trip to the majestic Isle of Staffa featuring Fingal's Cave (and puffins!), and individual time to 'just be'.

Group sessions will include information and discussions on Celtic Spirituality (then and today), the connections between Kirkridge and Iona, the Iona Community and the everyday community of Iona, historical and mythical stories of the isle, and our connection to Nature.

This Walking Awake adventure will begin at the Glasgow Queen St. train station where Nick and Denise will guide the group via public transportation (train, ferries and bus) to the Isle of Iona. Our 9 day/8 night pilgrimage will commence with a three hour train ride said to be one of the most scenic in the world. Be sure to keep your eyes open and camera ready for possible sightings of wildlife and breathtaking views as we weave our way alongside the beautiful lochs and mountains to Oban, Scotland's Sea Food Capital. Upon arriving in Oban we will settle into our overnight accommodation located on the Esplanade with plenty of time for individual sight seeing, shopping or rest then gather for our welcome dinner at an atmospheric (and delicious!) restaurant. The next morning we will board the ferry to Craignure. This beautiful 45 minute sail with stunning views will provide additional opportunities for great photos! After arriving in Craignure we will board a bus and make our way across the Isle of Mull to Fionnphort where we will catch our final 15 minute ferry across the turquoise blue Sound of Iona to the Isle of Iona and begin our 7 night stay. Once on Iona, our base will be a charming self-catering cottage stocked with all you need for breakfasts and packed lunches throughout the week. Our 'home away from home' is literally steps away from the Sound of Iona and within walking distance of the village, Iona Abbey, restaurants and shops.

As in all Walking Awake events, this pilgrimage will include a mix of traditions old and new; story, song, poetry, ceremonies, and "Walking Awake" in and with Nature blended beautifully with our group sessions and the history and mysteries of Iona.

PRICE: \$2000.00 per person if paid in full and registered before February 1st, 2019.

\$2100.00 if paid via *payment plan and reserved by February 1st, 2019.

After February 1st, 2019 price increases to \$2200. per person.

This trip is limited to 7 guests

You may hold your space by paying in full or placing a \$500.00 non-refundable deposit via the PayPal link on Walking Awake's website (www.walkingawake.com)

**Walking Awake, LLC will work with you to arrange a payment plan that is more suitable for your budget.*

All payments must be made in FULL by April 1st, 2019.

**See Walking Awake, LLC's website for pilgrimage terms of agreement and cancelation policy.*

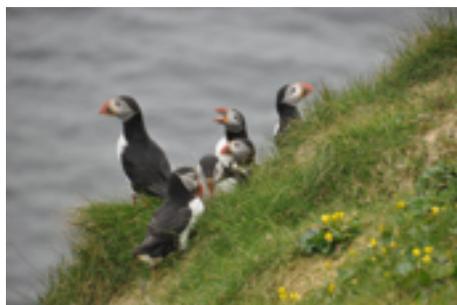
Price includes: Return transport from Queen St. Station, Glasgow to Iona (trains, ferries, buses), shared overnight stay in Oban, shared self-catering accommodation in cottage on Iona, week-long admission fee to the Iona Abbey and Museum, boat trip to Staffa where you can search for puffins or explore Fingal's Cave, a stock of basic breakfast and bagged lunch items at our cottage on Iona, two group booked evening meals; one on our first evening in Oban and one on our last evening on Iona; meal allowance is £40 per person, and guide fees.

**Price does not include air travel and meals/items/options not listed above.*

*Guided walks and tours are optional and may include all or most of the following: The Iona Abbey, Nunnery and Oran's Chapel, Columba's Bay and Iona's Labyrinth, the Hermit Cell, Dun-I and Brigid's Well (aka: The Well of Eternal Youth), the North Shore, the Marble Quarry, St. Martin's Cave (a magical place only accessible during low tide). An itinerary for the journey will be given after registration is received. A list featuring degree of difficulty for each walk will be included with itinerary (walks range from easy/moderate to challenging).

There will also be plenty of un-programed time for quiet reflection and individual exploration.

*Note: If you wish to arrive in Scotland prior to our pilgrimage or stay afterwards, Walking Awake can provide you with some possible options. Contact Denise Crawn with any questions at dcrawn@walkingawake.com



Bios of Leaders:

Denise Crawn is a former Kirkridge employee, Columcille Board Member and resident of the mountain now residing in Scotland with her husband, Nick Prance.

Owner of Walking Awake, LLC, Denise is an ordained Interfaith Minister through One Spirit Interfaith Seminary, NYC, author of "Walking Awake: The Faces In Nature", and creator of several inspirational card decks. Denise's ministry and love of nature is expressed through her photography, book, cards and events which focus on becoming more aware, mindful and awake by accessing our innate connection with Nature and our relationship with the Divine within and around us. Since her discovery of Columcille in 1996 which inspired her first visit to Iona in 2003, she has enjoyed visiting Iona on a regular basis becoming very familiar with its landscape, history and myths, and its long-time residents.

Nick Prance was born in the north of Ireland, raised in Liverpool, and has lived in Scotland for the last 16 years. During this time in Scotland, he lived on Iona for three years working for the Iona Community helping to organize and run the program for the many guests who came on pilgrimage and retreat. He also joined the Iona Community as a member at that time. Following a career working within the Mental Health services and training for the Anglican ministry, Nick has been exploring Buddhism, seeing it as a helpful way of engaging compassionately with the human condition and the nature of suffering. Now mostly retired, Nick currently spends his time alternating between walking in the wild and beautiful spaces of Scotland and enjoying the inner child by playing as often as possible with his four young grandchildren!



As a couple: Nearly six years ago, Denise and Nick met on a ferry while each were traveling to the Isle of Iona, Scotland. In October 2016 they were married in Scotland surrounded by family and friends. A 'ferry-tale' come true indeed! Since meeting, they have traveled together throughout Scotland, England, and Wales along with other magical places visiting standing stones and ancient sites and loving every moment of it! Both have deep and long standing connections to the people and energies of Iona. As co-leaders they bring together an eclectic mixture of backgrounds including everything from trainings in ministry, theater, mental health, shamanism, mindfulness, as well as their love and connectedness to poetry, story, music and nature. Nick and Denise enjoy sharing these treasures, passions and adventures with others as they lead and co-lead workshops, retreats and pilgrimages on 'both sides of the pond'.