

FORM!

FIELD TRIP

take a trip with us



FORM! FIELD TRIP

18-21 September

For deep listeners, embodied researchers, nature delvers, inspiration seekers.

For artists and practitioners longing to drop in. Into practice. Into meditation. Into listening.

To mark the Autumn Equinox, FORM! are hosting a field trip. A space to be in practice and community together, immersed in nature - and with space and time to rest, or be in your own enquiry, art-making or research. The field trip will take place in a lodge at the foot of Ben Gulabin in the southern end of the Cairngorm national park. There will be a container of daily practice (morning and evening) with Anna, Annie and Lewis which will be meditation, somatic enquiry and sound based practices - but other than that time will be unstructured, self directed and free - with a focus on spending time in nature, with the land and in deep attention.

The intention is to offer space to drop in - whether that's outdoors into nature, whether it's immersing in your own practice/art-making, whether it's following an emergent thread of curiosity from a morning practice and seeing where that leads you. You might use the time to rest deeply, to move, to explore. There will be material on offer to work with but you might also bring your own material - books, resources, instruments or points of enquiry.

We have booked an eco-bunkhouse in Glenshee with simple but very comfortable shared accommodation. There will be one communal meal provided per day - a nourishing, hearty vegan dinner but other than that you're welcome to bring your own food and prepare breakfast and lunch as you like it.

VENUE & LAND

Our venue is Gulabin Lodge - an eco bunkhouse set in 1.5 acres of beautiful grounds at the foot on Ben Gulabin, in the southern part of the Cairngorms National Park.

The Cairngorms have long been a site of artistic and spiritual exploration - the landscape immortalised in Nan Shepherd's *The Living Mountain* - and offers the perfect setting for a deep immersion into land - the mountain, the forest, the ancient standing stones and the sheltered verdant glen. The lodge runs on 100% renewable energy sources and great care has been taken to create a space that can operate in synchronicity with the environment. There are 9 rooms and 5 bathrooms so whilst accommodation will be shared there will be plenty of space. With log fires and underfloor heating, the lodge is cosy and comfortable. There's two comfortable lounges for us to read, rest and chat in - and a dining room which we'll use as a practice space and to gather for dinner.



SITES OF INTEREST

Ben Gulabin, a 806-meter Corbett in Perthshire is steeped in historical mythology. It features prominently in Celtic folklore as the setting where the legendary warrior Diarmuid was killed by an enchanted boar. The mountain is inextricably linked to the Fingalian/Ossianic cycle of legends, immortalized in 16th-century ballads and 18th-century folklore. In these tales, the river flowing through the glen below is said to have been stained red with blood.

While the physical summit of Ben Gulabin is mostly a heathery plateau of glacial formation with no major built structures, the surrounding area of Glen Shee is rich in physical antiquities. The local landscape contains Neolithic and medieval archaeological sites, including:

Diarmuid's Tomb: Located at the base of the mountain, a mound long associated with the warrior's burial was excavated in 1894, yielding natural glacial deposits rather than ancient stonework.

The Pitcarmick Houses, found in the broader Glenshee region, are highly unique, distinctive oval-shaped timber houses dating back to the Dark Ages, completely unlike any other structures in Scotland.

Dun Shith and The Parliament Stone which are located just behind the local church near the Spittal of Glenshee, these ancient standing stones are tied to old regional clan parliaments and folklore.

The Elves and Fairies of Glenshee: The broader area translates to the "Glen of the Fairies" (from the Gaelic shith). The Fairy Burn (Coire Shith) plunges down the sides of Ben Gulabin. According to local legend, if you antagonize the fae folk of the glen - such as by building churches where they don't belong - they will dismantle your progress overnight.



SAMPLE SCHEDULE & WHAT TO EXPECT

Morning Practice: 7.30am-9am. For example: gentle arrival movement, somatic enquiry, meditation, listening practices

Free Time: 9am - 5pm. For example: self directed time for your own process and practice. There will be optional practice to join in together - which could be an outdoor somatic enquiry, forest bathing or a walk up Ben Gulabin. Participants are also welcome to volunteer to lead a practice or to share their research and explorations together in this time.

Communal Dinner: 5pm - 6.30pm. Expect a nourishing stew or curry that will be GF and Vegan. This will be provided by us and prepared by a chef.

Evening Practice: 7.30pm - 9pm. For example: sound practices, rest practices, integration and journalling.

Silence will be invited for one of the days so we can deepen into presence and an early morning outdoor meditation around the sunrise.

DETAILS

18 - 21 September

Gulabin Lodge, Glenshee: <https://maps.app.goo.gl/sF3utQR7WqcCfxBu6>

Sliding scale payment: £250 - £400

But no one turned away for lack of funds - so talk to us about what makes it feasible for you.

A minimum deposit of £80 is required to secure your spot - the remaining cost can be spread out over a payment plan of your choice.

To book email us: form.glasgow@gmail.com