



## Wellness Practices

These practices help transform stress and pain deriving from illness, violence, and the stresses of daily life and open the individual up towards greater wholeness and wellbeing. As individuals get in touch with their own source of healing and wisdom they can help others.

The tasters at the Bield stand alone. They give background to Capacitar and introduce several practices including:

- Tai-chi movements with visualization,
- Breath-work,
- Finger Holds for managing emotions,
- Emotional Freedom Protocol (tapping),
- head Holds.



There is time for some background information and sharing, questions and comments.

These are simple but effective in healing and self-care. Developed by Dr Pat Cane, founder of Capacitar International, they cover gentle body work and mindfulness practices

gleaned and adapted from various traditions. The practices have been used with a variety of people and groups and within different cultures. In a Christian context they can be offered as body prayer and Christfulness. (see <https://www.capacitaruk.org/> for more information).

**Facilitator: Marianne Anker-Petersen.**  
Marianne has been a core member of Capacitar Scotland since its beginning in 2009. She has benefited very much personally from the healing practices she has learnt and enjoys sharing them with individuals and groups.

Marianne has a background in counselling and spiritual accompaniment and with her husband is co-founder of the Bield.



## Booking information

Cost : £25

Please book through reception at:  
[info@bieldatblackruthven.org.uk](mailto:info@bieldatblackruthven.org.uk)

or

01738 583 238

After booking, please pay cost in full.

Cheques & BACS are payable to:

The Bield Christian Company Ltd

Sort Code: 83-47-00

A/C 19903180

Please include surname as reference

### Extend your stay?

You might like to come to the Chapel  
at 9 am or 5 pm

You might like to stay the night before  
or after the retreat, or come for lunch.

## The Bield at Blackruthven

Tibbermore

Perth PH1 1PY

Tel: 01738 583 238

  
The Bield at Blackruthven

## Capacitar Wellness Taster



8<sup>th</sup> March 2026

16<sup>th</sup> May 2026

5<sup>th</sup> September 2026

14<sup>th</sup> November 2026

14:00 – 16:30 each day

Facilitated by  
Marianne Anker - Petersen

