



THE MEN'S HOUSE

REDISCOVERING WHOLENESS

13 - 16 MARCH, 2025

Men's House @West Papua

INTRODUCTION

As with many indigenous cultures, the traditions of New Guinea strictly delineate between the roles and activities of men and women, in order to 'organise the spirits'. In honor of the return to Hong Kong of tribal elder and 'Messenger', Jhon Kwano – and as part of its continuing exploration of indigenous wisdom – the Kadoorie Earth Programme offers, for the first time, this retreat for men only.

Modern 'Western' culture has prioritized qualities commonly associated with the 'left brain', such as reason and control, at the expense of those of the 'right brain' such as feeling and intuition. Whilst this has led to great advancements in science and standards of living, it has come at a heavy cost to our overall wellbeing: to our ability to connect with nature, with each other and with ourselves. One result is that few of us entirely escape the plagues of anxiety, loneliness and depression.

To address the many crises facing our world today, it is vital that we learn how to integrate these seemingly opposed dimensions of life. In this retreat, we will tell stories and explore practices that shine a light on the wounds we have incurred, and which support us in rediscovering wholeness.

Jhon will be joined as a teacher by Andrew McAulay, offering breathwork, and Nathan Garrod, who will lead sessions in Prana Dynamics, a modern art of self-awareness rooted in ancient Kung Fu.

The retreat will take place at the Kadoorie Center, in Shek Kong, from March 13th to 16th, and will include cooking together as well as an evening vigil on the mountain, Kwun Yum Shan.

FACILITATORS



Jhon Kwano

As an elder from the Lani tribe in the highlands of New Guinea, Jhon Kwano is from the last generation of his people to receive traditional initiation. He was identified from an early age for the role of Messenger, sharing the message of his tribe with outsiders and reporting back with what he has seen in the outside world. He is the only one known to be playing this role outside of Melanesia. As such, he is authorised to represent not only the Lani, but also other cultures in both New Guinea and the rest of Melanesia.

New Guinea is one of the most bio-culturally diverse places on Earth and Jhon's people still live as their ancestors have for thousands of years, in harmony with nature.

Andrew McAulay



Andrew was born in Hong Kong and educated in England. After spending some time in a meditation centre in his early 20's, he returned to Hong Kong to help transform KFBG's mission from agricultural aid to nature conservation and holistic education. He has chaired the KFBG Board since 1999 and also chairs

the Board of KFBG's sister organisation, Partnerships for Community Development (PCD). Andrew loves to spend time in nature and continues to practice and teach meditation, as well as breathwork. He has also published two books of poetry.

Nathan Garrod

In his youth in England and Wales, Nathan developed a passion for martial arts. His path transformed during a decade in Taiwan, where he immersed himself in various Chinese martial arts, and Qi Gong styles. After moving to Hong Kong, he dedicated over 12 years to Wing Chun. As a representative of Central Wing Chun and Prana Dynamics, Nathan now carries forward a modern system rooted in Kung Fu traditions, harmonising mind and body by dissolving the ego and energising the fascia. Since 2008, he has also practiced Vipassana meditation, cultivating balance and presence while supporting others on their journeys.

DATE / TIME

13 March 2025 (Thursday) - 16 March 2025 (Sunday)

Start at 09:30 on first day and ends at 16:00 on the last day.

Participants are expected to be in residence and participate in the entire programme.

VENUE

Kadoorie Farm and Botanic Garden & Kadoorie Centre, Tai Po

LANGUAGE

English

TARGET AUDIENCE / NO. OF PARTICIPANTS

**Aged 18 or above, Male /
Maximum 20 participants**

FEE

Course Fee* HK\$3,850 + Accommodation Fee

(Depends on the room type)

APPLICATION



Please submit the online application form by scanning the QR code.

Note:

1. To apply for the retreat, please complete the enrolment form and pay a deposit fee of HK\$3850 to reserve your place. The deposit fee is non-refundable unless your application is declined.
2. KFBG will notify you of your enrolment result within 5 days or before 28 Feb 2025. The retreat team will carefully review and consider all applications to ensure a diverse and cohesive experience for all participants.

ENQUIRY

Please send an email to Ms. Jamie Ngai at jamie.ngai@kfbg.org
or Ms. Natalie Ng at natalie.ng@kfbg.org