

# AUTUMN RETREAT

Becoming you X Reprana

Rebecca Elston (CTAP) &  
John Fleming (MBACP & PCC)

PERSONAL DEVELOPMENT  
THROUGH EXPLORATION OF  
SELF & NATURE

West Cork, Ireland  
2pm Friday Sept 27th to  
2pm Sunday Sept 29th 2024



A non residential weekend  
retreat aimed at those who  
wish to develop a deeper  
understanding of themselves  
in relationship with nature.

We will be working with  
outdoor immersion,  
movement, meditation,  
shamanic practice,  
relationship with place and  
group process.

We will be adapting to  
whatever emerges.



## INVESTMENT

€450- Company Funded  
€350 - Individually Funded  
€250 - Students / Trainees  
Bursary Places Available

Camping Option available

We want our retreats to be accessible to all. Please contact John if you would like to attend and need to pay less, or to discuss payment via instalments

For more information, enquiries and to book please email:  
[john@becomingyou.ie](mailto:john@becomingyou.ie)

