

Autumn Retreat

Reprana X Becoming you

An Sanctóir, Ballydehob, West Cork,
Ireland, P81XF34
www.ansanctoir.ie

Friday 6th Sept 2:00pm – 5:30pm
Saturday 7th Sept 9:30am – 5:30pm
Sunday 8th Sept 9:30am – 2:00pm
(BST)



Retreat Aims

This weekend retreat is aimed at those who wish to develop a deeper understanding of themselves in relationship with others and nature. The purpose of this retreat is to enhance personal understanding and support participants to take learnings back into their lives.

We will be working with outdoor immersion, movement, meditation, breath–work, relationship with place and group process, and will be adapting to whatever emerges.

Facilitators

John Fleming (MBACP / PCC / TA Dip.) is a counsellor, coach, and shamanism practitioner. He has a background in holistic therapy and a keen interest in eco therapy.

Rebecca Elston (CTA P / MSc / UKCP Reg.) is an indoor and outdoor psychotherapist and eco therapist. She has an interest in working in relationship with the natural environment, working with the body, and somatic processing.

Accommodation

Camping is available on site at an additional charge, other accommodation can be found within a short drive of the retreat centre. We recommend that you book your accommodation based on your preferences and budget. Parking will be available on site.

Cost

- €450 – Company Funded
- €350 – Individually Funded
- €250 – Students / Trainees



25% deposit is required to hold your space and balance payment is due by 26 April.

We want this retreat to be accessible to all, please contact John if you would like to attend and need to pay less or to discuss payment instalments.

Additional Information

We will aim to work outdoors as much as possible, so please come prepared for the weather. A suggested packing list will be sent before the retreat.

The retreat will not be catered, so please bring your lunch. Teas, coffees and cakes will be provided. The venue is very rural and it is not possible to guarantee you will be able to purchase food on the day nearby.

**For all enquiries and to apply, please email john@becomingyou.ie
Payment details and registration forms will be issued once your application is accepted**