

A Space for Change: An Emergence Retreat

Nant-y-Gwenill, near Machynlleth, mid-Wales

10th – 17th July 2021



A powerful encounter with what is alive in you. An exploration of life, death and the space in between.
Space for Change participant 2019

We warmly invite you to join us for a unique retreat at our home in the peaceful surroundings of the mid-Wales hills. A Space for Change, is guided by Fern Smith and Philip Ralph, artists and rites of passage guides. This guided retreat offers an opportunity to experience a week of deep rest, reflection and inquiry.

As the world's systems of balance, governance and climate spin ever more out of control, many of us are reflecting on where we are in our own lives and how we might change to meet and serve the demands of life on earth in the 21st century.

We offer a space for change if:

You are at a point of change in your life;

You want to kick-start a period of transition;

You feel blocked or stymied in your life, work or creativity;

You are asking yourself deep questions about your role in these transitional times.



Group Room at Nant y Gwenill

Fern and Phil have spent decades working in the creative industries of theatre, film and television. We have both undergone deep processes of transformative change through immersing ourselves in myriad practices of ritual, rites of passage, spiritual inquiry, coaching, meditation, facilitation and nature connection. We offer Space for Change at our beautiful home and retreat centre at Nant y Gwenill, supporting you to dig deep into your own personal journey around transition and change, renewal and rebirth.

Thank you so much for your wonderful hosting and facilitation; it was such a luxury to spend that time with you; it was so invigorating to have this time to feel solid, vulnerable, strong, connected. The land around you is very welcoming and 'nutritious' and the house is like a cocoon, a haven one can return too in the knowledge of being safe, warm, comfortable.

Space for Change Participant 2019

A Space for Change is a unique form of retreat. We will come together in the beautiful environs of our home, Nant-y-Gwenill, an eco-converted farmhouse in the hills above Machynlleth in mid-Wales. We will live in community, cooking, eating, walking, reading and dreaming together. We will guide you through meditations, rituals, medicine walks, embodiment practices and time alone in nature. It is our profound intention that each participant will leave us and return to the world re-invigorated with a fresh sense of purpose.



View of the landscape around Nant-y-Gwenill from the summit of nearby Moel Fadian

The basis for the teaching is 'The Four Shields of Human Nature' as taught by The School of Lost Borders. The retreat includes a powerful 'solo' experience in nature. Daily medicine walks, nature-based practices and 'councils' will also be offered enabling you to navigate through your time here. We support each retreatant to frame an 'intention' which acts to guide the process.

We hope that you will consider joining us for what promises to be a truly special week's retreat.

We spend so much of our lives running away from things. Space for Change is one of those rare and powerful opportunities to face your reality as it is; I celebrated what is truly alive, honoured some things that had died and shone a little more light on all I am and can be.

Space for Change Participant 2019

To discuss further and to secure your place, please contact us:

Fern: 07528 527836 – fernismith@gmail.com

Phil: 07791 975820 – philiparalph@gmail.com

www.emergence-uk.org

We look forward to welcoming you.

Logistics

Travel

Nant y Gwenill is four miles outside Machynlleth in Powys, mid-Wales. Machynlleth has a mainline train station, two hours from Birmingham and four hours from London. We can collect and drop off at the station so you can travel to us via public transport. Alternatively, if you come by car, we have space for you to park on or near site.

Accommodation

We have a wide mix of accommodation possibilities within Nant y Gwenill to suit all needs and budgets. These options are offered on a first-come, first-served basis and can be secured with a non-refundable deposit of £100 at the time of booking your place. They are as follows:

Double bed room (single occupancy of room) – £500

Single bed in shared twin bed room - £450

'Bunk house' accommodation' £430

Tent in garden (bring own tents/sleeping bag) - £400

The house has three bathrooms – all with showers, one with a bath – available for all to use any time.

Food

We will undertake to pre-plan a menu for the whole time we are together which will be vegetarian and organic and as locally sourced as possible. We will buy all ingredients beforehand to facilitate this. We will bake sourdough wheat/rye loaves on a daily basis. We will cook all meals together as a community. Please let us know when booking if you have any specific food needs.

Teaching

We have both spent the last several years immersing ourselves in a variety of spiritual traditions, communication techniques, nature-based practices and rites of passage. Fern has trained as a wilderness rites of passage guide with the [School of Lost Borders](#) in California as well as working as a life coach, craniosacral therapist, facilitator and celebrant. Phil has trained the Buddhist lineage of Chogyam Trungpa Rinpoche, and has taught at [Schumacher College](#).

The teaching and holding we intend to offer on this retreat will be light-touch, drawn from multiple traditions, and geared specifically to enabling each retreatant to dig deeply into their own personal process. We will offer: a variety of meditation practices; sitting together using Way of Council (a means of deep listening and speaking); medicine walks and nature-based practices; time alone for contemplation; and the opportunity for individual discussion and coaching. This will culminate in a day-long period of solo ceremony for each retreatant before we close our time together by sharing stories, reviewing our individual and collective journeys and finally going forth.

What to Bring

The weather in this part of Wales can be unpredictable and we do intend to be spending time outdoors in nature, so we highly recommend bringing waterproofs, walking boots/shoes and warm clothes.

If you are camping, we ask that you bring a sleeping bag and mat etc.

And, obviously, you'll need toiletries, any medications and a towel.

We also recommend bringing journals, pens, crayons and anything you might want to use to record your experience and process.

Nant-y-Gwenill sits in an area without mobile phone coverage. We are on a landline and can be reached by families and friends in the event of emergencies.

Spaces

Aside from personal sleeping arrangements - we have several spaces available to you during the retreat including a large, beautiful, sun-drenched room used as our group space for meditation and council. There will also be a large tent in the garden for gatherings and quiet contemplation. Inside the house we have several sitting areas with comfy sofas and wood burners. We also have a quiet library space with a wide range of books on nature, spirituality, transformation, and sustainability. This space will be open at all times.

Arrivals and Departures

We invite you to arrive any time after lunch on Saturday 1st May. We will welcome you, show you your accommodation, orient you to the house and area before we all gather for our first meal together and then sit in circle to commence the retreat.

We will close our circle on the morning of Saturday 8th May, eat together for the final time (for those who wish to), before departing in the afternoon.

We will happily coordinate lifts and pick-ups to and from Machynlleth station.

Dogs

We have two very friendly, small Jack Russell terriers who enjoy company, walks and strokes. They are part of the community at Nant-y-Gwenill and will be throughout the retreat.

A Space for Change is an Emergence Initiative.

www.emergence-uk.org