

Reconnecting to Source

A re-immersion into the practice of Emergence

25th – 28th April 2024



**The Centre for Emergence @ The Barn in the Dyfi Valley,
Near Machynlleth, Mid Wales, UK**

With Facilitator Guides/Artists: Fern Smith & Philip Ralph

Reconnecting to Source is a warm invitation to those who have previously undertaken rites of passage retreats with us to return to Nant y Gwenill and spend a precious few days in retreat, reconnecting with your intention, the land, your practice, and yourself.

This retreat invites you to re-engage with your past experiences with us through a lightly held programme of council circles, solo time on the land and in contemplative practice, as well as additional 1-1 sessions helping you to focus on **where you are now and how the work is manifesting in your life**. The invitation is specifically extended to those who have worked with us before to provide a space for ongoing support and reflection, helping you to **strengthen your practice and deepen your enquiry**.

We will greet your arrival on Thursday 25th with an evening meal together before gathering in circle to reconnect to each other and the practice of Council. Then Friday and Saturday will consist of mornings **checking in and sharing in Council**, gently guided by Fern and Phil. The afternoons will be free time for you to spend on the land, or alone taking stock and engaging in whatever practices may nurture you, whilst **spaces for 1-1 sessions with us will be available**. We will regather after our evening meals to share stories, challenges, and enquiries in Council. Our final morning will offer time for us to share our learnings and intentions going forwards before departures.

This retreat is offered in response to requests from past initiates for ongoing work with us to **deepen your practice of rites of passage and nature and spirit connection**. It represents our offering to support the *Manifestation* phase of the rites of passage cycle, enabling you to find true agency in your own transformative processes. We hope you'll join us.

Booking your PLACE

Cost ranges from £250 - £350 depending on accommodation options.

- 1. Camping with access to/use of inside facilities - £250 (Bring your own tent etc - up to 5 places)**
- 2. Single Occupancy Room - £350 (up to 3 places – first come, first served)**

This cost includes our facilitation and 1-1 sessions, Phil's delicious evening meals on your first and last nights, and breakfast on all three days. **You will need to provide two lunches and one evening meal for yourselves during your stay.**

The retreat is limited to 8 participants and will only go ahead if we secure 3 and above.

Practicalities & Booking

Travel

We are 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. We will send exact location on booking.

Food

Phil will pre-plan a menu for two evening meals which will be vegetarian, organic and as locally sourced as possible. **You will provide your own lunches for Friday and Saturday, and evening meal for Friday night.** We will cook our final evening meal together as a community. Please let us know when booking if you have any specific food needs.

What to Bring

As you'll no doubt remember, the weather in this part of Wales can be unpredictable and we do invite you to spend 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 tent, 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. Inside the house we have several sitting areas with comfy sofas and wood burner. We also have a quiet library space with a wide range of books on nature, spirituality, transformation, and sustainability. There are many beautiful sitting places outside in the garden and on the surrounding land which you will explore as part of the retreat.

Arrivals and Departures

We invite you to arrive between 2pm and 4pm on Thursday 25th April. 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 finish before lunch on Sunday 28th April leaving plenty of time to travel onwards or return home. 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.

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

Fern: fernismith@gmail.com

Phil: philiparalph@gmail.com

We look forward to welcoming you!

Reconnecting to Source is an Emergence Initiative.

www.emergence-uk.org

Emergence creates transformational spaces for self, other and nature connection