Spring Forward 2027:

An Inside/Outside
Easter Retreat
Thursday 25th – Sunday 28th March

Centre for Emergence, Near Machynlleth, Mid Wales, UK
With Rites of Passage Guides: Fern Smith & Philip Ralph



Spring Forward is a respectfully held, spacious, guided, small-group retreat intended to support an intentional decision to: *'Step into the Light, Marking the Moment, Making an Intention.'* The retreat takes place to coincide with that special time in the UK when the clocks are turned forward one hour and we mark the start of 'British Summer Time'.

This gives the retreat a particular focus of also being available to noticing and marking what you are letting go and what is 'dying' and what is 'being born' in you.

"Spring Forward, my first retreat of this kind, was incredible! Both Fern and Phil create a really safe and comfortable space. I felt I was able to really be myself, speak from my heart, and was empowered to do so".

We frame the weekend as marking a Rite of Passage at this transitional time of the year. What wants to be marked and honoured in your own life. Is it a *Severance* or *Separation*? Is it liminal, transitional, *Threshold* time? Or are you *Incorporating* a new state, ideas or information into your life? The retreat invites guests to spend time both inside AND outside…

We come together in the beautiful environs of our home, an eco-converted farmhouse in the hills above Machynlleth in mid-Wales. We guide you through meditation, creative ritual, walking with an intention, embodiment practices and solo time alone in nature. We draw on the practices of the Ojai Foundation's 'Way of Council', numerous theories of transition and change including by Elizabeth Kubler Ross, Joanna Macy, 'Theory U', the Bridges Model of change and 'The Four Shields' teachings from The School of Lost Borders throughout the retreat. It is our profound intention that each participant will leave us and return to the world rested, re-invigorated and with a fresh sense of purpose.

"I enjoyed it so much, coming home nourished and relaxed, excited and recharged and most of all, open to change." Participant

Time INSIDE

The retreat gives time to mark and witness how and where each of us are in our lives at this great time of transition and turning. There will be opportunities to share time and space with a small and supportive group: to rest; to plan; to unravel; to dream, to be... There will be quiet time alone to slow down and for solo reflection, as well as time for witnessing one another and group sharing.

Time OUTSIDE

There will be time to explore the area in which the The Barn is situated which has immediate access to a SSSI (Site of Special Scientific Interest). The site consists of a glade of trees, steep-sided ravine with a 'Celtic Rainforest' zone of Ferns, Lichens, Mosses, Ash, Beech and Oaks. The gardens of The Barn include vegetable beds, big skies and far-reaching views across the hills to Cadair Idris in the distance. There are public footpaths from the front door into the nearby countryside. As part of the process we invite the group on a 'walk between the worlds' - to make pilgrimage to Glas Lyn, at an altitude of 500m, a powerful place where water meets the sky.

"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." Participant



Booking your PLACE

This is a small group retreat limited to between 4 and 7 participants. The participation fee includes 3 evening meals, 3 lunches and 3 breakfasts. All food is abundant, home-cooked vegetarian/vegan and specific diets are lovingly catered for. Accommodation is of a high standard with crisply ironed cotton sheets and towels provided.

We have 3 tiers of payment.

The first is the Emergence Supporter Rate. This enables us to offer subsidised retreat spaces: £600

The second is the Standard Rate: £500

The third is the Subsidised Rate: £400 (1 place)

£100 non-returnable, non-transferable deposit payable on booking. The remainder to be paid one month before.

Fall Back is a 'stand-alone' retreat but is specifically designed as a 'paired retreat' with 'Spring Forward', taking place on the weekend when the clocks shift forward again in the Spring. This year we are also introducing the 3rd companion in this trinity: 'Stand Still' to coincide with the weekend of the Summer Solstice.
Contact us for more details for both these other retreats.

"A powerful encounter with what is alive in you. An exploration of life, death and the space in between." Participant

Staying on After the Retreat

There may be the possibility to arrive early or to stay in The Barn after the retreat has finished depending on availability. Please ask as soon as possible if you are interested in this possibility.

Retreat GUIDES

The retreat will be guided by Fern Smith and Philip Ralph. 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. Fern also works as a craniosacral therapist, trauma bodyworker, celebrant, coach, facilitator and wilderness rites of passage guide. Phil works as a script writer for film, theatre and television as well as being a facilitator, mentor and nature quest guide.



"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." Retreat Participant

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 site. We will send exact location on booking.

Food

We pre-plan a menu for the whole time we are together which will be vegetarian, organic and as locally sourced as possible. We bake sourdough wheat/rye/spelt loaves on a daily basis. Please let us know when booking if you have any specific food needs. The participation fee includes 3 evening meals, 3 lunches and 3 breakfasts. All food is abundant, home-cooked vegetarian/vegan and specific diets are lovingly catered for. Please inform us in advance of dietary requirements and we will endeavour to accommodate them.

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.
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.

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 week.

Arrivals and Departures

We invite you to arrive by 4pm on Thursday, the first day of the retreat. We will welcome you, show you your accommodation, orient you to the house and area before we gather for our first meal together and then sit in circle to commence the retreat.

We finish with a shared lunch on Sunday leaving plenty of time to travel onwards or return home. We will happily coordinate lifts and pick-ups to and from Machynlleth station.

Small Group

If we are a very small group, in order to make the retreat financially possible to run we will run the retreat with one rather than two guides.



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

info@emergence-uk.org

We look forward to welcoming you!

Fall Back is an Emergence Initiative.
www.emergence-uk.org
Emergence creates transformational spaces for self, other and nature connection