Landing Retreats: Remembering our Roots: 24-26th April 2026

Information

Aims:

The Helper Archetype brings with it a sense of purpose, social acceptance and a sense of belonging. It's Shadow counterpart evokes feelings of impostor syndrome, jealousy and entanglement of personal purpose to purpose gained through our work. Like roots under the earth, the Shadow and Light parts intertwine with one another, creating a beautiful structure that can sometimes pin us in place, keep us to one path; blocking spaciousness and creativity.

In this retreat we'll hold space to explore participants' roots and experiences in this line of work. Our aim is to hold space to rest, digest and recover; through story, connecting to the land with individual, dyadic and group exercises.

Please note, this workshop may be a therapeutic experience, but it is not therapy, supervision or training.

The group size is limited to between 5-10 people. We chose this range to allow enough time for sharing and working together; for themes to emerge and so space can remain available for each participant

Facilitators: Flora Leber & Kirsty Weedon

Flora Leber: I'm a dual registered Humanistic Psychotherapist and Child and Adolescent Psychotherapist, Ecotherapist and Clinical Supervisor. I have worked with young people throughout my career and have a special interest in developmental trauma and shame. I lectured at Roehampton University and am a Visiting Lecturer at Terapia.

Kirsty Weedon: I am a Psychodrama Psychotherapist, Outdoor Therapist and Clinical Supervisor working in private practice. I also work as an associate, teaching at the University of Cumbria and The Minster Centre, and am a founder committee member of the Association for Outdoor Therapy and an executive committee member for the British Psychodrama Association. I have a background working in outdoor learning, youth and community work, and education, and am a qualified mountain leader, forest school practitioner and outdoor first aider.

Location: The Beeches, Water Lane, Bamford, Hope Valley, S33 0DA

This is a 12-acre community-owned space, including 8-acres of woodland, an orchard, a field and a community food garden. We will be based in and near the two outside cabins and around the campfire, whilst also spending time in the grounds and possibly venturing off site in the nearby area. We will work on paths and off paths, and the terrain is mainly flat unless we leave the site. There is a main house and other dwellings on site, but we will not have access to these areas.

For more information, please visit: https://thebeeches.notion.site/

Although this is a private site, we do not have exclusive use of the site (apart from the cabins) and it is likely that we may encounter other people who live / use the site as well as members of the public, including dogs. We will take some time to consider working in an outdoor private / public space during the workshop.

We ask that we all follow the Countryside Code:
https://www.gov.uk/government/publications/the-countryside-code

Onsite facilities: Please note that there is no mains electricity and no fridge on site. We will be using compost toilets located in the adjoining field. If need be, the cabins are heated by log burners and we will have a campfire outside for some of the time. We can also provide cool boxes with ice packs.

Date & time: Friday 24th April – Sunday 26th April 2026
Please arrive at 6 pm on Friday, ready for a 7 pm start. We will finish by 9.30 pm
On Saturday we will start at 10 am and have a 1.5-hour lunch break, finishing by 7 pm.
On Sunday, we will start at 9.30 am and finish by 2 pm.

	Friday	Saturday	Sunday
Arrival	6 pm		
Start	7 pm	10 am	10 am
Finish	9.30 pm	6.30 pm	2 pm

We will provide you with a 15 hours CPD (Continuing Professional Development) afterwards.

Accommodation: If you'd like to stay on site, camping is available in the field next to cabins. This is not included in the fee and is arranged directly with the Beeches for £15 per night. To book, please contact them at: hello@thebeeches.org

You are also welcome to stay off site / commute in. Parking is available on site with bus stops and Bamford train station located nearby. We are near to the villages of Bamford, Hope and Hathersage in the Peak District National Park, which have many local facilities and accommodation options available.

Food and refreshments: We will provide a selection of teas (herbal & caffeinated), coffee, dairy and non-dairy milk as well as some snacks, such as fruit and local cakes/biscuits. Please let us know if you have any allergies.

We will not be catering any meals. Please bring your own lunch and / or leave the venue to have meals elsewhere – there are a range of cafes, restaurants and shops nearby.

Cost: The cost is £260 with some reduced-fee places available for trainees / students.

Payment is made in advance, which confirms your place and is non-refundable, even if you do not attend. However, if someone can attend instead of you, we can transfer your place to them. If we have to reschedule or cancel the workshop, we will either offer you a place on a subsequent workshop or refund your fee.

Safety: Our priority is for the safety and wellbeing of participants and ourselves, which is something we will discuss throughout the workshop. Inevitably, there are hazards associated with going outside and working in and with nature, including: slips and trips; cuts and scrapes; animal and insect bites (e.g. tick bites, bee / wasp stings); and weather-related hazards.

We have appropriate professional insurance for all the facilitated activities we offer as part of the weekend, and we will complete risk assessments for the site and activities beforehand. Kirsty is a qualified outdoor first aider and will carry a first aid kit. Any advice or information offered is given to try and ensure your safety. However, you are personally responsible for your own safety, and we advise you to take your own precautions, and only to engage with what is personally manageable for your health and fitness capability.

Please also note that we are not responsible for your safety outside of the facilitated sessions, whether on site (e.g. camping) or travelling to site.

Equipment and kit: Working outdoors has an element of unpredictability and inevitably the weather can change. Please wear and bring appropriate clothes and footwear for being outdoors at the time of year and weather conditions that you don't mind getting dirty. Please also bring spare and additional layers of clothing, so you can manage your body temperature throughout the day, whether we are inside or outside.

In the event of extreme weather conditions, it may be necessary to reschedule our workshop.

What to bring? We recommend the following:

- Day rucksack with dry liner / plastic bag to keep things dry
- Waterproof jacket and trousers
- Warm, comfortable and spare clothes and socks
- Wellies / walking boots plus an indoor pair of shoes e.g. crocs
- Hat and gloves
- Sun cream, sun hat, sunglasses
- Sit mat and camping chair
- Personal medication
- Water bottle
- Food and snacks
- Notebook and pen / pencil
- Head torch and spare batteries
- Phone, waterproof case and battery / solar-powered charger
- Optional: camera

Hiring Waterproofs / Wellies: If you need to hire any waterproofs and / or wellies, the Beeches have some available to hire for £10. This is not included in the fee of £260.

What happens next? Please complete and return the booking form and send it to: landingretreasts@pm.me. We will then email you with details about how to pay for the workshop. Upon receipt of payment, we will confirm your place.

If you have any questions or queries, please don't hesitate to get in touch with us at:

We look forward to meeting you.

Warm wishes,

Flora & Kirsty