



MENS RETREATS<sup>UK</sup>

# 3-day Men's Retreat

# LIVING WITH PURPOSE

## 15-17th November 2024



Join us for 3 days of **brotherhood, mature masculinity** and **self-exploration** at this stunning venue in the **Parwich, Derbyshire**.

Read on to find out what this weekend will entail, and if you are ready to take the **first step towards a more meaningful and fulfilling life**.



Scan the QR code or **[CLICK HERE](#)** to book a free 20 minute phone or zoom call to find out more.

**[mensretreatsuk.co.uk](https://mensretreatsuk.co.uk)**



# LIVING WITH PURPOSE

On this retreat, we'll be **exploring who and where we are in life** right now and where we want to be moving forward.

As men, we receive endless messages telling us who and what to be - the provider for our families, good at sports, to have a successful career, to get that next promotion at work, drive an awesome car, get a bigger house, have an amazing body...

We have been **taught to constantly strive for more**, to always improve for the sake of 'progress' with **no clear end in sight!**

It can be exhausting.

**Where is the time and space in to simply be?**

To reflect? To take stock? To re-assess what is important to us? To be comfortable and accepting of ourselves exactly as we are, free from the pressure of constantly having to strive for more?

**This retreat is an opportunity to do some, or all, of these things.**

We have designed this weekend to give you the **time** and **space** to articulate - to yourself, most importantly - some of the things you are struggling with and to give you the **skills** and **tools** to **explore** them.

Join us for a weekend of **brotherhood**, **mature masculinity** and **self-exploration** in a community of likeminded men.





# DETAILS

## Who is this retreat for?

This retreat is for men who may be questioning any of the following;

- Work
- Relationships
- Identity, purpose & meaning
- Parenthood & parent issues
- Somethings “off”, but you’re not sure what!

## What’s included?

- Single or shared room accommodation
- All food & drink by private chef
- Workshops
- Teaching materials
- Breathwork
- Meditation
- Cold water therapy
- Circle work

## What will this retreat give you?

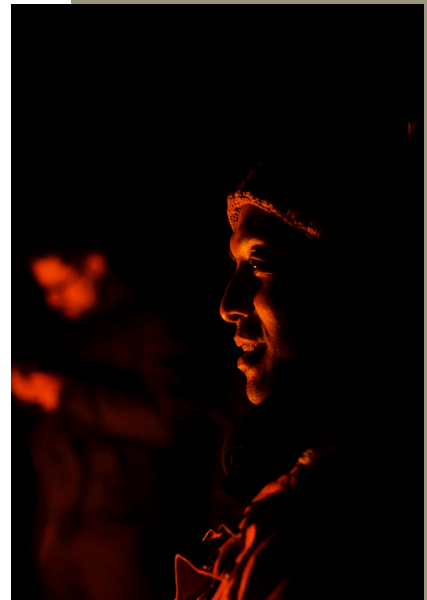
- Brotherhood
- Community
- Mature masculinity
- Skills & tools for a more fulfilling life

## Where will the retreat take place?

Uppermoor Farm, Parwich, Nr. Ashbourne,  
Derbyshire DE6 1QF

## What’s the investment?

- |       |                      |
|-------|----------------------|
| £1450 | Single room en suite |
| £1250 | Twin room en suite   |
| £999  | Triple room en suite |





# TESTIMONIALS

“Christian helped me discover new ways to **harness my inner strength** and **take positive steps towards real change** in my life.”

**Alex**

“A great opportunity to **meet & bond with other like minded men** in a safe & supportive space”

**Greg**

“My retreat experience with Men's Retreats UK **surpassed my expectations**. The whole weekend was organised professionally with the participants as a priority.”

**Chris**

“Christian was very **personable** and **considerate**, and pleasantly, even allowed himself to be **vulnerable**.”

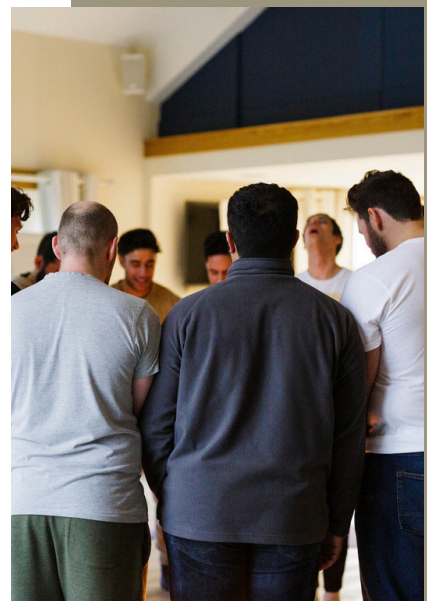
**Tim**

“The stellar efforts made by the organisers made it a retreat that flowed well, **challenged our beliefs and to choose to step out of our comfort zones** as and when we needed to.”

**Andy**

“I was reminded of the **value of taking time out** - to retreat from my daily experiences and allow myself to be humbled and **transformed by other people's stories, new experiences and occasional discomfort**.”

**Luca**





# FACILITATORS

## **Christian Chalfont - Counsellor & Facilitator**

I set up Men's Retreats UK to create spaces for men to come together to explore the mind, purpose and what it means to be a man in today's world. Our spaces encourage brotherhood, community and mature masculinity as we embark on this journey into self.

In recent years, my work has focused heavily on issues to do with trauma, addiction, sex and sexuality. I also have a keen interest in identity, self-worth and boundaries.



## **Angga Kara - Executive Coach & Facilitator**

Award winning Executive Embodiment Coach  
A master craftsman in the facilitation of non-ordinary spaces and the art of embodied expression.

With over 1500 hours of experience, he utilises his skills as an accredited Executive Performance Coach working with senior leaders and executives from global titans Google, Boeing, Meta, Salesforce & BlackRock.

Bringing with him his 10 years of movement artist and theatre experience creating nationally touring sold out shows to bring self-exploration to life in a professional container that invites more curiosity about how you relate to yourself and those around you.

Be prepared to move and reconnect with your inner wild child.





# FACILITATORS

## **Billy Clark - Existential Coach & Facilitator**

Billy believes passionately that the use of language and storytelling is vital to living an authentic and fulfilled life.

He focuses on the stories that clients tell themselves, their sense of identity that emerges from those stories, the thought patterns that unconsciously hold us all back and the values that can be unearthed in amongst that conversation.



## **Ruzwan Pilgrim - Ustaadh & Facilitator**

Over the past two decades, Ruzwan has taught men an integrative and authentic model of living that is inspired from archetypal psychology and Sufi indigenous wisdom.

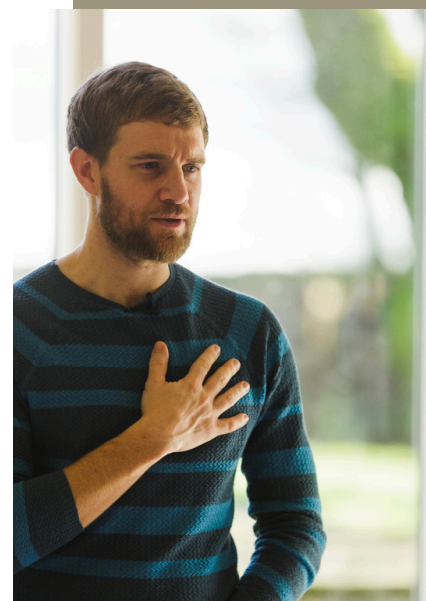
Ruzwan's teachings focus on the marriage of the powerful masculine with the formidable feminine, to awaken within every man a purposeful living that embodies the true warrior ethos.



## **Andy Walker - Breathwork Coach**

Fully certified and insured in Breathwork, NLP and a Reiki Master, Andy brings a simple and accessible approach to reconnecting our thoughts, feelings and physical sensations back into the present moment.

Andy leads our breathwork circles and is a keen outdoor adventurer and cold-water enthusiast, so be prepared!





# BOOKINGS

We have 16 spaces available.

Arrival is 5pm Friday and departure is 4pm Sunday.

**The are two payment options available to secure your space on this retreat.**

## Option 1

Full payment of £1450 for a single room, £1250 for a twin room or £999 for a triple room.

## Option 2

For single and twin rooms you can pay in three installments:

- 1st £450 (single), £250 (twin),
- 2nd £500
- 3rd £500

For a triple room, you can pay in two installments:

- 1st £499
- 2nd £500

*Please note that the first £450(single)/£250 (twin)/£499 (triple) of your payment constitutes a non-refundable deposit.*

Our cancellation policy can be viewed on our website:

**[mensretreatsuk.co.uk](http://mensretreatsuk.co.uk)**

To reserve your place, please contact Christian at:

[info@mensretreatsuk.co.uk](mailto:info@mensretreatsuk.co.uk)





# Uppermore Farm Estate

