

# RETREAT: A SPACE BETWEEN

*Welcome!*

SO WHAT DO YOU  
NEED TO KNOW?

Thank you for registering your interest in our inaugural Retreat weekend at Naturesbase, a beautiful place of calm in wonderful Wales.

In this space, we aim to provide you with all you need to know to make a decision about whether to join us in September. We very much hope you like what you read and feel inspired to sign-up!

*Jane, Lorna and Sophie x*



So, where do we start? How about a little insight into us and how we met?

The three of us first connected during the early months of the original COVID lockdown when we each separately stumbled upon an online festival called 'Creative Bravery'. We found out more about each other through curious chat in the mythical zoom space that is AOB (we can tell you more when we meet!) and quickly built a strong friendship. Drawn together through our similar values and beliefs around creativity, the more time we spent talking, the deeper we connected and the more we enjoyed each others company and conversation.



The idea for a retreat emerged as we began to learn more about how we each see the world and, that whilst we share much in common, we also bring great difference in the way we think, do and see the world. We started from a point of feeling drawn to working together and then began to explore what that could, or might, look like.

After creating a workshop at an online Leadership Festival, then spending a couple of weekends together uncovering more about what we each brought...the space between retreat was born.

# Who we are



## DR JANE BOOTH

Leadership innovator & chaser of dreams

I fundamentally believe that great people make amazing things happen. Yet we often lose sight of our potential and this can hold us back from achieving what we really want. Specialising in the idea of 'Everyday Leadership', my role is to help you find your path so you can lead yourself, and others, on your chosen journey.

Find out more about how I work by reading my [Dream Chaser Manifesto](#).

## LORNA BROWN

Artist - teacher - psychotherapist

I am an innovative and creative practitioner supporting those who feel overwhelmed by the demands of daily life. Combining my experience of psychotherapy, teaching & art, I create caring spaces where individuals can explore whatever is going on for them. Then, together, we uncover ways to heal the past, live the present and dream the future.

Read more about me and my approach [here](#).



## SOPHIE HADAWAY

Creative learning leader - artist

I am a curious & passionate individual who believes in the power of creativity & connection for growth. Drawing on my experiences in teaching, mentoring & professional development design, I support teachers in exploring creative teaching & learning approaches in their classrooms. Through my interests in dialogue, active learning & exploratory practice, I offer a unique approach to learner (& teacher) engagement & supportive, reflective practice.

Discover more about my work [here](#).



# What is a space between?

Our idea for a 'space between' retreat came from a shared interest in the notion of liminal spaces. Coming from the Latin word 'limen', which means threshold, liminal spaces are places where you are on the verge of something new and yet not quite there. Such spaces exist physically, emotionally or metaphorically and being in such a space can often feel uncomfortable and a little scary. Liminal spaces can, however, also be exciting places where opportunity and possibility emerge.

Retreat: a space between has been designed with the concept of liminality in mind. It has been developed to provide a space to find calm and to make sense of whatever is running through your mind at that time.. In a world that is constantly shifting with growing pressures on all of us from all directions, we seek to provide a peaceful, supportive environment where we can all simply 'be' with ourselves and take time to release, recover, rediscover and recreate.



From arrival on Friday afternoon through to departure after lunch on Sunday, you will be guided through a variety of activities and workshops that will help you to explore your inner self. Every session has been carefully crafted to gently challenge, engage and support you in different ways.

We fundamentally believe in the importance of creativity and this underpins everything we do; from how we think to how we structure our sessions. We also have a shared appreciation for the value of spending time with nature and our beautiful venue enables us to bring this into much of the weekend.

Finally for now, we each believe in the power of love and kindness. We love what we do and we love spending time with each other. As human beings we need to feel connected, and the more connected we feel the more likely we are to achieve our dreams. A space between is all about connection - to ourselves, others and the wider world around us.





# The venue & accommodation



## A SPACE TO BREATHE

Release - Recover - Rediscover - Recreate

Our chosen venue is Naturesbase, a space set in 9 acres of flower rich meadows, farmland and woodland, with buzzards and kites overhead, a meandering stream and hedgerows ablaze with wildlife, We aim to nurture with nature as we embrace the wilderness offered by this beautiful place. With trails, animals and plenty of space to play, we know you will love spending time with us here.

## ACCOMMODATION

Naturebase is ideally set-up for group stays with a fully equipped kitchen, large dining area, cosy sitting room, wood burners and outdoor fire pits. Sleeping accommodation is laid out in a range of rooms including double/twin and bunk rooms (you can choose the option which most suits you). There are 5 shared bathrooms, free WIFI available and secure car parking. Bed linen is provided; you will need to bring your own towels.

[CLICK HERE](#) to take a video tour.



FOR MORE INFORMATION VISIT:

[www.naturesbase.co.uk](http://www.naturesbase.co.uk)

# The essentials

## WHAT IS INCLUDED?

Your retreat fee includes:

- Accommodation
- All food for the weekend from Friday dinner to Sunday lunch
- Dietary requirements can be met (please share in advance)
- Limited alcohol for Friday/Saturday evenings (plus soft drinks)
- Craft materials as required
- Retreat journal
- Campfire music evening



## WHAT ELSE?

If there is anything else that you need to know before making your decision to join us, please get in touch.

We would love to see you in September!

*Jane, Lorna and Sophie*

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[@thespacebetwe16](https://www.instagram.com/thespacebetwe16)

TO BOOK YOUR PLACE VISIT:

[www.opus29.co.uk/events](http://www.opus29.co.uk/events)