

# Testimonials

FROM OUR LAST RETREAT

THE NAMES OF THESE PARTICIPANTS HAVE  
NOT BEEN INCLUDED FOR PRIVACY REASONS

*“The retreat was a truly transformative experience. In the warm, nature-filled setting of Roundwood House, our small and supportive group created the perfect space for openness, trust, and meaningful growth. I left with greater clarity, practical tools for daily life, and a renewed sense of self-belief.”*

*“The thoughtful blend of mind and body work, led by Stephen O’Reilly along with Ben Doyle and Una Groogan, created a holistic experience that empowered me to let go of limiting beliefs, cultivate self-trust, and nurture inner resilience.”*

*“The peaceful surroundings, nourishing meals and caring, connected atmosphere provided a safe space where each participant felt heard and valued. Openness, reflection, growth were encouraged. The small group size meant we could share our experiences freely knowing we were in a trusted, supportive environment.”*



