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 thoughful 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."

"I would highly recommend this retreat to anyone looking for a truly unique experience with the opportunity to learn about themselves and grow. It's so rare to be able to experience something like this and I felt such gratitude for the opportunity to join this group. Not only did I learn so much about myself, but it gave me a great perspective and insight into life's challenges, the paths that we are all on and how each of us are facing and trying to work through our own story. I felt that I had left with a better understanding of myself and how I would like to move forward in the world."

"I wholeheartedly endorse the weekend I spent at our retreat. If you are looking for a personal challenge and wish to learn more about yourself, this experience is for you. You must be willing to explore, trust, and examine the deeper aspects of your life. Although it was emotionally exhausting, it was also invigorating - for me, it was a deeply personal and rejuvenating experience."

"The Retreat was an incredible experience. I would highly recommend that anyone who is going through a significant life change or seeking a deeper connection to self, consider attending this retreat. The small group,

combined with the comfortable and beautiful surroundings offered an excellent setting in which to explore the challenges that life often presents. The entire experience was wonderfully facilitated by Stephen, Ben and Una. who provided a warm and safe environment in which to share and explore our life journeys. The opportunity to connect with and learn from all those participating over this weekend was deeply rewarding."

"It was wonderful."

"Positive & healing."

"Very enjoyable."

"Extremely rare experience."

"Intense & powerful."