Light in the Darkness | November 13–15

Our venue: Trwyn Tal in the Llanthony Valley, Wales

A men's peer group in the Welsh hills

This weekend is a chance to find your light and nourish it, in the face of the darkening season and the worries of the world. We will draw support from the fellowship of the group and the magical landscapes of the Llanthony Valley. The overall aim is to help us with inner resourcing for outer action, and finding steadiness in this time of confusion.

This will be a peer group for a maximum of seven men, enabled by Alan Heeks and Mark Smalley. We will all shape the way we use the time together. This will probably include group processes, walks – including a walk to a beautiful waterfall, meditation, solo time, and enjoying each other's company over tasty meals.

Dates: November 13–15

Location: Trwyn Tal, Llanthony Valley, Black Mountains, Wales: see **www.welshmountainretreat.com**.

Cost involved: £150. We will share food purchases and cooking between us.

Bookings: For more information or bookings, please contact Mark Smalley: **markosmalley@gmail.com** or 07764 335 688.

Trwyn Tal Mountain Retreat