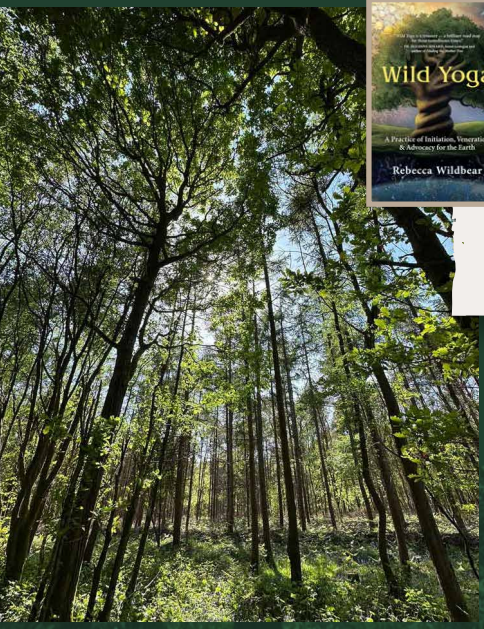
CIRCLE OF LIFE REDISCOVERY

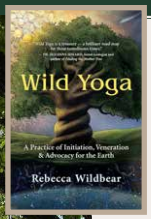
Thresholds in the Wild: Nature as a Guide in Times of Change

Five-Day Immersion in Nature

Cross the Threshold. Meet the Wild Within. Transform.

Spend five immersive days in Sussex woodland with **Rebecca Wildbear**, author, soul-guide and creator of **Wild Yoga™** and Lead Guide for **Animas Valley Institute (USA)**





Step out of everyday life and into the **wild woods of Sussex**. Guided by nature, you'll explore land, psyche and soul as you walk the threshold between what was and what might be. Through movement, reflection, imaginative journeys and time held in community, you'll slow down, listen deeply and **reconnect with a sense of belonging, clarity and purpose.**

Sunday 21 – Thursday 25 June 2026
4 nights / 5 days

Our woodland site near Laughton, East Sussex, BN8 6BP

£695 *Limited places*

BOOK YOUR PLACE

circleofliferediscovery.com

Thresholds in the Wild: Nature as a Guide in Times of Change

with Rebecca Wildbear

Why this immersion matters

Life's transitions don't always come with clarity. We find ourselves between what was and what might be – at thresholds of change, loss, longing or new direction.

Thresholds in the Wild offers a rare opportunity to spend extended time in a woodland sanctuary, guided by the living presence of the land and by Rebecca's depth of experience in nature-based, soul-centred work. Over five days, you'll walk both the outer landscape and your inner terrain, allowing insight, renewal and transformation to unfold at a natural pace.

What you'll experience

- Deep listening to land, soul and imagination
- Solo land wanders, guided movement and imaginative journeys
- Dreamwork, metaphor and council-style sharing
- Ceremony and reflective practices held in supportive community

You'll leave with

- A renewed sense of belonging to yourself, the land and the wider web of life
- Greater clarity of direction and resilient purpose
- Tools and insights you can carry into life and work
- A felt sense of nature as ally and guide through change

This immersion is for those at a crossroads, seeking personal renewal, guiding others as a coach, educator or therapist, or longing to live closer to Earth's wisdom.

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Visit: circleofliferediscovery.com/cpd-training/nature-as-guide-with-rebecca-wildbear/

Circle of Life Rediscovery (CIC)

Nature-based learning, healing and connection