

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



# Three-Day Immersion in Nature

*Cross the Threshold. Meet the Wild Within. Transform.*

NEW DATES:  
3-DAY  
OPTION

Spend three 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 – Tuesday 23 June 2026  
2 nights / 3 days



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

£395 Limited places

BOOK YOUR PLACE

[circleofliferediscovery.com](https://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 three 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.*



Visit: [circleofliferediscovery.com/cpd-training/nature-as-guide-with-rebecca-wildbear/](https://circleofliferediscovery.com/cpd-training/nature-as-guide-with-rebecca-wildbear/)

**Circle of Life Rediscovery (CIC)**

Nature-based learning, healing and connection

