



THE FALCON  
CASTLE ASHBY

# Life Pause Retreat

*“We invite you to take a life pause on sacred land.”*

With Helen-Jane Ridgeway and Tracy Northampton



**Friday 15th - Sunday 17th November 2024**

Arrival from 11:30 on 15th November and departure from 14:00 on 17th November.

**The Falcon, Castle Ashby, NN7 1LF**

Click [HERE](#) to book and enter the code Life Pause

Pricing starts from £1200

based on a double room for single occupancy with private shower room in one of our beautiful cottages.

Upgraded Falcon bedrooms are available at a supplement

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Retreat begins from 11.30 on Friday 15th November and will commence with a welcome session at 12:00 followed by lunch. The retreat will end at 14.00 on Sunday 17th November.

This retreat is specifically designed for Psychotherapists, Coaches, Psychologists, Counsellors, Health Care Professionals and anyone working within the mental health and wellbeing sectors.



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In this safe and sacred space, there is an opportunity to build resilience and self-care whilst you rest, restore, reconnect and rejuvenate. You will learn, develop and raise awareness of tools and skills for sustaining working within the field. You will also be equipped with skills that can be transferred to work with clients and communities. A rare chance to combine a nourishing self-care retreat with CPD, with a particular focus on Burnout.

You will be with other professionals and this will provide the occasion to make connections, deepen community and sustainability. We will draw from different media to enhance your wellbeing and mind-body-spirit connection. You will be immersed in the healing energy and power of nature and the energies of the beautiful landscape surrounding The Falcon. Restore and resource through the land and the ancient art of ritual; move, meditate, learn, create, play, dance and rest.

We intentionally keep the numbers of participants small, to ensure the experience feels safe and intimate, is engaging, immersive and hands-on!

# Why we are offering these Retreats

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Helen-Jane Ridgeway and Tracy Northampton, have over 50 years of combined professional experience in the field of Psychotherapy, mental health, and wellbeing. Having both been deeply involved in the rigours and challenges of working in this field, encompassing many different roles, with various client populations and communities. They both have a strong ethos of 'being in service' in a healthy and sustainable way.

They understand the excessive demands that lead to exhaustion. Their combined and individual experiences have led them to become passionate about supporting other professionals in the field, offering retreats and programmes to re-align with one's purpose, be less likely to experience Burnout and to heal and reconnect with one's true nature. They have developed a series of retreats and programmes to support - The "Life Pause Retreat."

Revisit your intentions and values. Recover and re-engage.



### At the Retreat you will have the opportunity to:

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- Understand the importance of Mind-Body-Spirit connections and how to deepen them.
- Reconnect with purpose and intention.
- Develop and grow personally and professionally.
- Share, exchange and build upon experiences, practices and insights.
- Raise awareness, deepen knowledge, and learn about the different types of Burnout and the impact they have on behaviour and mind-body-spirit.
- Resource, restore and build resilience to Burnout.
- Develop self-care.

### At the Retreat we will offer you:

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- A safe supportive space, to heal, rejuvenate and restore in nature.
- Meditation, Wild Swimming, Bird Ringing, Yoga and Nature Walks.
- Sound Bath healing and conscious dance.
- 4 facilitated Workshops – including didactic, experiential, movement, art and writing.
- Accommodation, all meals and refreshments.
- Art and writing materials.
- Fireside and ancient rituals.
- Tools and skills to prevent and heal from Burnout.



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## *Life Pause Retreat Schedule*

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### **Friday 15th November 2024**

11:30-12:00	Arrival
12:00-13:15	Welcome, meet your facilitators and setting intentions in The Studio
13:15-14:30	Light lunch in The Nest
14:30-15:15	Check into bedrooms
15:15-16:45	Workshop 1 - Ritual, movement and meditation
16:45-17:15	Workshop 1 continued- Nature walk, orienting and resourcing
18:00-19:00	Sound Bath healing with Kanti Freeman in The Studio
19:30-21:00	Dinner in The Nest
21:00-21:45	Closing circle in the Studio

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### **Saturday 16th November 2024**

07:00-08:00	Supervised Open Water Swimming or Bird Ringing
08:00-09:00	Breakfast in The Nest
09:00-09:45	Yoga/Movement in The Studio with Tracy and Helen-Jane
10:00-12:30	Workshop 2- 'Understanding Burnout' in The Studio
13:00-14:00	Lunch in The Nest
14:00-15:00	Free time for reflection
15:00-17:00	Workshop 3- Energy gathering walk and dowsing
17:00-18:30	Free time for reflection; Group sharing with Tracy and Helen-Jane
18:30-20:00	Dinner in the Cellar Bar
20:15-21:00	Fire ritual - Singing and Talking Stick
21:00	Close

## Sunday 17th November 2024

07:00-08:00	Supervised Open Water Swimming
08:00-09:00	Breakfast in The Nest
09:00-09:45	Hatha Yoga with Tracy
09:45-10:30	Check out
10:30-12:30	Workshop 4- Resources for life and closing ceremony
12:30-14:00	Light refreshments in The Nest
14:00	Farewells

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# Who we are

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## Helen-Jane Ridgeway



A UKCP registered Integrative Psychotherapist (MSc), an Advanced Certified Sensorimotor Psychotherapist and Consultant specialising in working with trauma, Helen-Jane is a Tamalpa Movement-based Expressive Arts Therapy Practitioner and is Clinical and Ethics Director at Tamalpa UK @.

For two decades, Helen-Jane has been a lecturer, trainer, supervisor and workshop facilitator for counselling, psychotherapy and coaching students at various institutes – such as Metanoia, Regents College, Holloway University, Minster Centre, Tamalpa UK and Matrix College.

In addition to her work as a Coach, Consultant and Supervisor, bodyworker, movement innovator, choreographer and Breathwork trainer, she is the director of 'Phoenix Lifeskills Ltd' providing consultancy and in-house training.

Helen-Jane's previous professional career in dance, performing arts, choreography and dance education, has afforded her a special interest and unique understanding of the mind/body relationship. Throughout the UK, Europe and USA she offers embodied movement workshops, trauma-informed trainings and Breathwork for Mental wellbeing. Helen-Jane has a particular interest in a relational and body focused orientation to wellbeing and health.

One of her passions is the wider integration of Somatic Movement and Expressive Arts therapy into all areas of wellbeing, healthcare and training for Psychotherapists and health care practitioners, with a particular interest in the field of trauma. Her other passion is taking her trauma-informed approach to displaced populations and to the scenes of natural disasters to support the communities affected.

# Who we are

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## Tracy Northampton



Tracy Northampton is a UKCP and BACP Accredited Psychotherapist with a Masters in Integrative Psychotherapy and Humanistic Counselling.

A Clinical Supervisor and Training Therapist with over 30 years of experience in mental health, Tracy has worked in various clinical settings, including British Airways, The Priory Hospital Group, and the Recovery Centre, London. Tracy holds a successful and long-standing practice in London where she has welcomed clients since 1992.

She trained with The National Centre for Eating Disorders in 1992 and has continued to develop her skills in the field, training with Pia Melody at The Meadows, Arizona, USA in their renowned trauma model, in 2009.

In addition to being in Private Practice, Tracy has been a Patron of The Body Dysmorphic Disorder Foundation since 2020, and is a Governor of St Andrew's Hospital, Northampton, where she offers particular support to the Voluntary and Chaplaincy services.

Tracy is a registered Yoga Teacher and has been a student of yoga for over 20 years, beginning in the Ashtanga school with John Scott, through to Hatha and Kundalini teacher trainings with Tias Little, John Stirk, Guru Dharam Khalsa and Gurmukh.

Tracy is the co-founder and Wellness Director of The Falcon, Castle Ashby with her husband Spenny.





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## *Work-Play Balance*

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Sound Healing with Kanti. Immerse yourself in the healing energy of sound. Lie back and soak up the resonant healing tones from gongs, singing bowls and flutes, which will make you feel more energised, calm, balanced and connected.

8 hours of informative, restorative and rejuvenating workshops (+8 CPD Hours) Including “Understanding Burnout - Causes, Symptoms and Healing”.



Supervised Open Water Swimming. The lake was designed by Capability Brown and is overlooked by Castle Ashby House and the Norman Church of St Mary Magdelene, offering you a magical place to swim.



Qi gong – revitalise through gentle ancient movement practice.

Using exercises to optimise energy within the body, mind, and spirit, with the goal of improving and maintaining health and wellbeing.

Bird Ringing with ornithologist, Nick Wood; Enjoy a rare opportunity to see the beauty of some native birds up close with expert naturalist Nick Wood. Learn how wild birds are caught, identified and tracked, whilst observing their intricate markings before releasing them back into the wild.



Movement, embodied practices, meditation and Yoga; Movement to support resources and mind-body-spirit connection to reduce anxiety and depression, lower blood pressure, relieve chronic pain, strengthen the immune and respiratory systems.

Fireside ritual to cleanse and renew;  
the ancient art of ritual and  
connection.



Reflective Journaling. Creative  
writing and image making to  
support wellbeing and change.

\*No previous experience required in movement, dance, art or any of the offered practices and activities, and any can be adapted and are accessible to all ages and abilities. If you have any concerns, injuries or any questions please make Helen-Jane or Tracy aware.

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