

A night landscape with a starry sky, trees, and a small lit house. The sky is a deep purple and blue, filled with numerous stars. The foreground is dominated by dark green trees and foliage. In the middle ground, a small, rustic house with a tiled roof is visible, its interior lights glowing warmly. The background shows rolling hills under the starry sky.

Our place in a
shared world

A nature
coaching retreat

11-17 JUNE 2023, Italy

A NATURE COACHING RETREAT



In the mountains of Umbria

A unique opportunity to explore our place and purpose in a world which we share with other human beings, and with nature.

To find more of ourselves in a community of others. To rest, recharge and be inspired.

The retreat is led by coaches Patrick Hobbs and James Farrell.



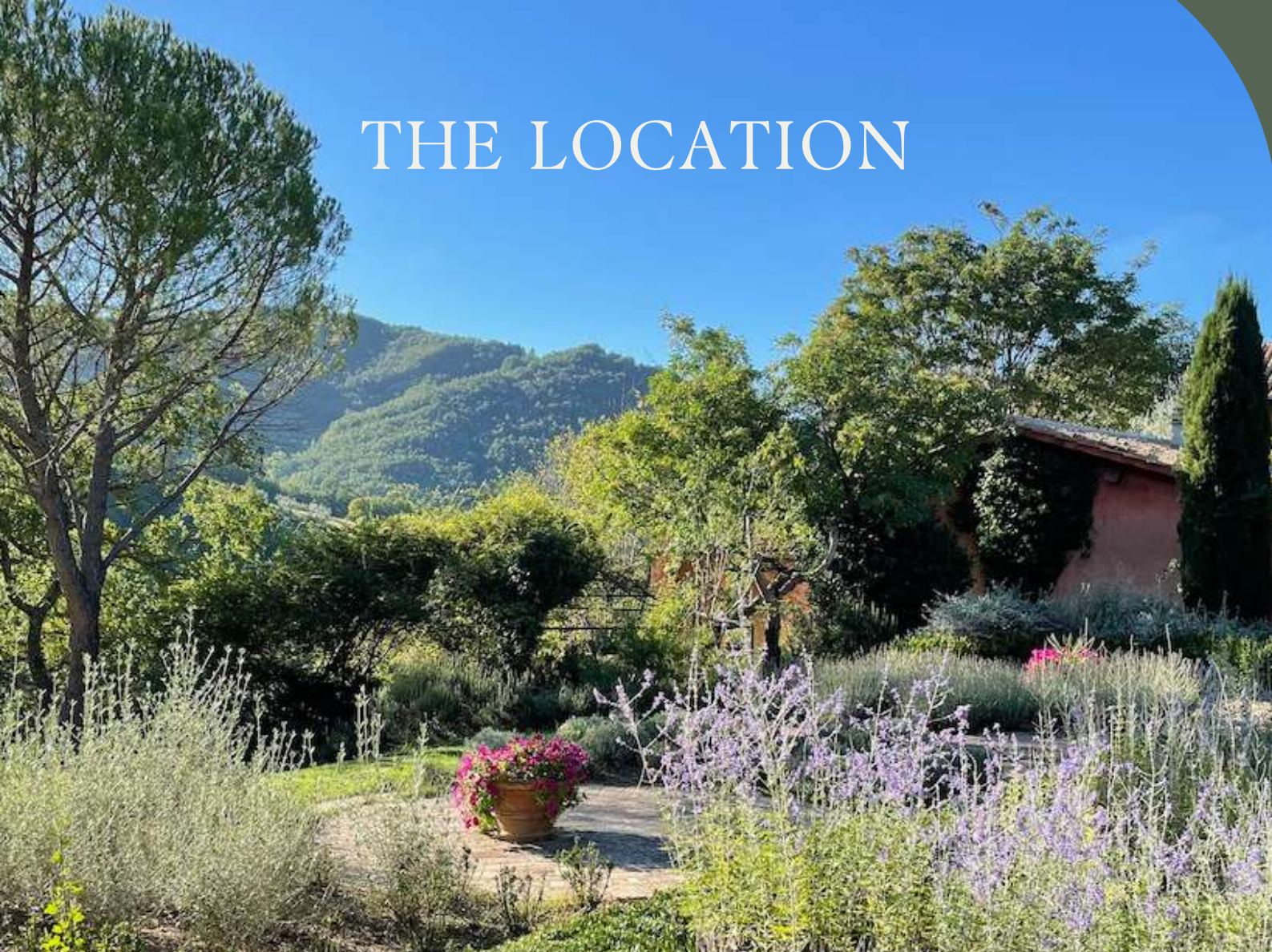
THE RETREAT

We will look at human community, its value, our need for it, and why we can find it difficult. We aim to create our own 'micro community' in which every individual is honoured. We will look at our place in the natural world, and the value and practice of a deeper relationship with nature.

Patrick will help us explore the philosophical and psychological dimensions of the relationship between self and community and what this might mean for us. James will bring his expertise in the science of nature connection, helping us to partner with the natural world as we move through the week, and through life.

We will work together in a group as well as one-on-one. There will be plenty of space for reflection and sharing, for walking and swimming, for fun and the grace of each day.

THE LOCATION



The retreat is at Casa Rosa, an old hill farm in the mountains of Umbria in central Italy, not far from the medieval city of Assisi. It stands on the edge of a national park with breathtaking views across wooded slopes and valleys to Mount Subasio.

All around are oak forests, olive groves and meadows rich in wildlife including crested porcupine, wild boar, fireflies and a host of butterflies and wild flowers.

The property was renovated and converted by an English artist to create a beautiful place to stay, and her paintings now fill the rooms. We will have sole use of Casa Rosa.

It's a place for relaxation, creativity and renewal.

THE ACCOMMODATION



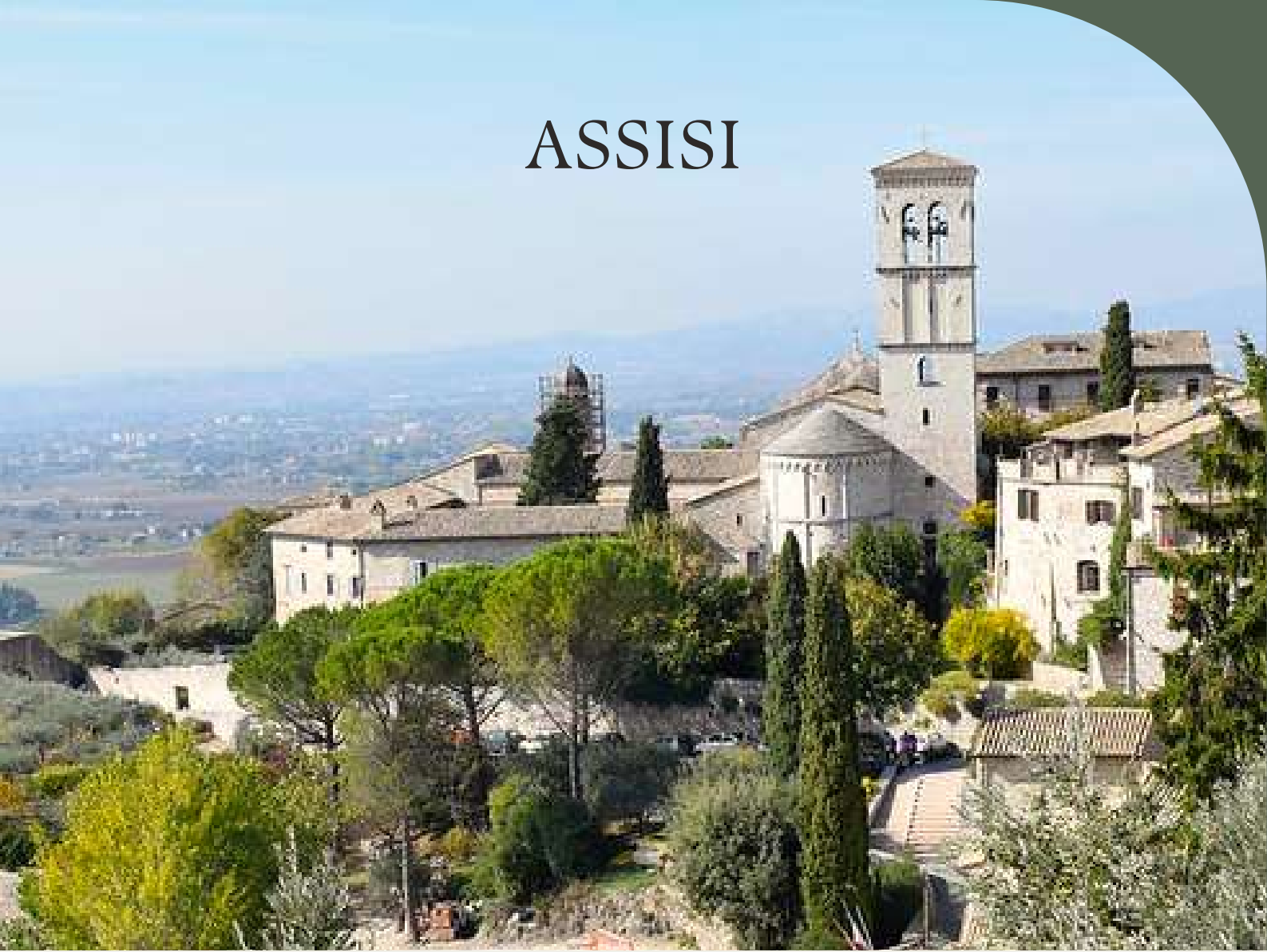
The farmhouse and outbuildings at Casa Rosa are divided into six holiday apartments. Each is completely self-contained, with WIFI and its own kitchen and bathroom, balcony or terrace. There is the option of having your own room, or sharing a room.

We will come together for meals prepared on site by a local chef, but the apartments also offer a private space when you want some time on your own.

The apartments are surrounded by the garden, woods and meadows.

Above the farmhouse there is a swimming pool with spectacular views across the valley.

ASSISI



Since the 13th century, Assisi has been a focus of pilgrimage as the home of Saint Francis, who gave up a life of luxury to become one of the most radical spiritual teachers of the Middle Ages.

Today, Francis is respected across the spiritual traditions as one of the first people to recognise that human beings exist not only in a human family, but also in a family with all living things.

The medieval basilica built over his tomb holds some of the greatest frescoes of the Italian Renaissance, and the city is now a UNESCO World Heritage Site.

THE COACHES

Patrick Hobbs

Patrick is a personal and executive coach who has worked with leaders, artists and entrepreneurs across more than 40 countries.

He helps people make sense of what is important to them and reshape how they want to live and work.



Along the way, Patrick has been a community worker, poet, photographer and furniture-maker. He also ran an art gallery, once spent some months making bread in a monastery, and he is a trained spiritual director.

Patrick has been coming to Casa Rosa for thirty years. He is a Master Certified Coach (ICF) and a Master Executive Coach (AC) and a highly experienced and accredited coach supervisor.

Clients describe Patrick as "an awesome coach"; "very supportive, intuitive, and full of insight", with "an uncanny ability to hear and draw out what is really important".

THE COACHES

James Farrell

James is an environmentalist and leadership coach whose purpose is connecting people with the natural world.

He helps people build clarity and confidence - and become inspired to take action for themselves, their communities and the planet.



James has worked as a leader in a wide variety of roles including business management, operations, partnership and policy. He is a TEDx speaker, award-winning writer, and author of 'Being in Nature - 20 practices to help you flourish in a busy world'.

James is an Associate Certified Coach, Corporate Member of the Association for Coaching, and Chartered Environmentalist.

His clients have said he is "warm, curious and genuine, with a natural ability to connect to people", "compassionate" and is a "cool coach...a really interesting approach and highly effective coaching".

TRAVEL

Arrivals will be on Sunday 11 June, with departures on Saturday 17 June.

You will be responsible for organising your own travel to Assisi or Perugia. We can arrange local group collection from there, or you can drive or take a taxi to Casa Rosa.

In planning your travel, we ask you to think about carbon footprint and environmental impact. There is a price reduction for those not travelling by air. We will purchase credits that offset unavoidable travel carbon and contribute to sustainable development projects.

By rail

The nearest station is Assisi (25 mins from Casa Rosa) or Perugia (45 mins from Casa Rosa). There are frequent direct trains from Perugia to Assisi.

By air

The nearest airport is Perugia. British Airways flies direct to Perugia from London Heathrow, and Ryanair flies direct from London Stansted. From Perugia airport there is an excellent (although not very frequent) bus service to Assisi. By car or taxi the journey takes 35 mins.

By car

We prefer you not to hire or bring a car unless absolutely necessary – there is limited parking at Casa Rosa, and we will be staying on site during the week.

PRICES

There is a maximum of 12 places, depending on the number of people who wish share. All prices are per person inc. VAT.

Prices include five full days of retreat, accommodation, all meals, certified carbon offset, and a paperback copy of the book 'Being in Nature'. They exclude travel to and from the station/airport.

Own Room

£1675 if travelling by train / public transport
£1775 if travelling by plane

Sharing

£1525 if travelling by train / public transport
£1625 if travelling by plane

BOOKING

We will speak with people before confirming bookings, in order to make sure that the retreat will work well for everyone.

To register your interest, please contact:
James@naturalcoachingcompany.com or
Patrick@simplerwealth.com

Please note that to secure your place we will need a deposit of £250, with the full balance payable by Friday 27 January 2023.

We look forward to welcoming you to Casa Rosa.

FURTHER INFORMATION

Refunds and cancellation terms

We offer a full refund for cancellations before 31 December, 50% refund for cancellations between 31 December and 27 January, but no refund for cancellations after 27 January 2023.

Accessibility

We regret that the accommodation and grounds are not currently fully accessible for wheelchair users. Please note all rooms have some step access. We would welcome a discussion about any other needs or requirements you may have.

Dietary requirements

We aim to cater for a range of dietary needs, and can talk to you about these before you book.

Assisi

We hope to organise an optional visit to Assisi one evening. This would include travel but exclude the cost of the evening meal.

Links

Casa Rosa <https://www.casa-rosa.it>

Patrick Hobbs <https://simplerwealth.com>

James Farrell <https://naturalcoachingcompany.com>



Book now

james@naturalcoachingcompany.com
or Patrick@simplerwealth.com