Biggi Hofmann
Psychotherapy Supervision Consultancy UKCP ICP EAP FHEA



"Roots & Wings: Transforming Together"

Annual Summer Retreat 13th to 15th June 2025

“Building community is to the collective, as spiritual practice is to the individual” G,L.Boggs

In a world where isolation, self-doubt, and powerlessness can take root, the need for genuine connection and personal transformation have never been greater.

Roots & Wings is more than just a retreat; it’s a sacred space where deep personal growth meets collective healing. Together, we’ll explore how your individual roots—your core beliefs, personal history, and inner landscape—can serve as a foundation for transformation. By cultivating authentic connection within a safe, supportive community, you’ll uncover the courage to spread your wings and step into the most empowered version of yourself.

This journey isn’t one you’ll take alone. With the support of a small, intimate group, you’ll learn that true transformation is a collaborative process, where shared vulnerability and intention create a space for profound awakening.

“Without deep personal transformation, collective transformation is not possible.” – Christine Corrigan

Why Attend Roots & Wings?

1.Step Away from Daily Stress: Take structured time for self-reflection and renewal in a serene, dedicated space.

2.Uncover Your Roots: Explore core beliefs and personal history to gain clarity and insight into who you are and who you want to become.

3.Build Resilience Through Connection: Share experiences in a therapeutic community that offers unwavering support.

4.Shift Your Perspective: Learn from the journeys and insights of others as you explore your own path.

5.Engage in Creative Exploration: Use powerful techniques like art, visualization, and action methods to unlock new depths of self-awareness.



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6.Find Your Wings: Leave feeling empowered, supported, and equipped to embrace your fullest potential.

What to Expect

Through psychodrama psychotherapy, you'll experience a transformative blend of individual and group exploration in a safe, nurturing environment. Whether this is your first experience with psychodrama or you're looking to deepen your practice, this retreat meets you exactly where you are.

Set in the peaceful surroundings of Ti Chulainn Centre, Mullaghbawn, you'll enjoy:

•Single ensuite accommodations for ultimate comfort.

•Delicious, home-cooked vegan meals to nourish your body and soul.

•A tranquil, inspiring environment that feels worlds away from daily life.

Retreat Details

📅 Dates: June 13th–15th, 2025

📍 Location: Ti Chulainn Centre, Mullaghbawn, County Armagh

🎓 CPD Hours: 15

🕒 Schedule:

•Friday: 7 PM–9 PM

•Saturday: 10 AM–5 PM

•Sunday: 10 AM–3 PM

💰 Cost:

•Early Bird Price: £395 (book by April 30th 2025)

•Regular Price: £445

Includes tuition, accommodation, and meals.

This retreat ensures an intimate and personalized experience. Spaces are filling fast, so don't wait—this is your chance to step into the life you deserve.



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➡️ **Secure Your Place Today:**

Contact Biggi Hofmann at kinections.ie@gmail.com to book. Full payment is required to secure your spot and is non-refundable unless the retreat is cancelled.

About the Facilitator

Biggi Hofmann brings 25 years of experience leading workshops and retreats that foster empowerment and transformation. Her compassionate, grounded approach ensures a safe space for participants to explore and grow, both individually and collectively.

What Others Are Saying

“Thank you for such a powerful and enriching experience. Psychodrama brought me to places I hadn’t yet explored in therapy, and the group environment made it even more profound. The food, the setting, and Biggi’s facilitation were amazing. I left feeling nourished, supported, and transformed.” Ruth

“Biggi’s retreats are life changing. The small group size and safe space allowed me to dive deep into my personal journey. I’ve never felt so supported or understood. Highly recommend!” Vicky

Your Journey Starts Here

It’s time to root yourself in clarity, cultivate authentic connections, and soar into the empowered life you’ve been waiting for.

📩 Email to Book: kinections.ie@gmail.com

💫 Spaces are filling quickly—don’t miss out!

“Nothing happens until the pain of remaining the same outweighs the pain of change.” A.B