

Between Growth and Stillness

A Summer Psychodrama Retreat for Presence, Reflection and Integration

There is a moment when becoming gives way to being." Anonymous

As the light of June lengthens and the land settles into fullness, we approach a natural pause point in the year. From 5th to 7th June 2026, at the Annual Summer Psychodrama Retreat, we come together to slow the pace, to ground ourselves, and to take stock of what has been formed through time, effort, and relationship. This is an invitation to stand in the light without pressure to move forward—to notice the felt body, the emotional field, and awareness, and to reconnect with the wider rhythms that support balance, integration, and restoration. In this shared space, there is room for reflection, insight, and the quiet wisdom that emerges when we allow ourselves to be with what is.

"When the soul awakens, it comes into a rhythm deeper than time." John O'Donohue

What to Expect

Through psychodrama psychotherapy within a transpersonal framework, 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 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 5th – 7th, 2026

📍 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 2026)

•Regular Price: £445

Includes tuition, accommodation, and meals.

This retreat ensures an intimate, personalised experience. Contact Biggi at psychodrama.ie@gmail.com for more information and to book. Full payment is required to secure your place and is non-refundable unless the retreat is cancelled.

About the Facilitator

Biggi Hofmann, psychotherapist and author, brings 26 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

This retreat weekend in beautiful Slieve Gullion was extraordinary, and I'm so grateful! The tranquil setting, nurturing atmosphere, and delicious vegan food created a perfect space for self-discovery. The sense of community we found was the real magic. Thank you for making it possible. I look forward to more of these transformative experiences!
With heartfelt gratitude, Tess

I want to thank you for a very interesting, relaxing and insightful weekend. It was powerful to witness psychodrama at its best and what unexpectedly emerged for me. Rachel

This is my 3rd retreat now, and yet again I have felt the wonder of both experiencing my own and witnessing others' personal transformations towards more satiated and self-aware human beings. The beautiful natural location, together with Biggi's comfort and mastery of psychodrama, combine to create a space to heal often long-held wounds. Lisa