



Inner Journeys:

A Retreat Exploring
Expanded States of Consciousness

At *"Tall Trees"*
Glastonbury

Arrive from 6pm Thursday 10 September
Depart at 12 noon on Sunday 13 September 2026

Created by Psychotherapist Eppie Wells

An Educational & Experiential Retreat



Before We Begin — A Gentle Introduction

This retreat has been lovingly created by psychotherapist **Eppie Wells** in response to the growing curiosity about **expanded states of consciousness** — experiences that can open new perspectives on healing, creativity, and connection. Our time together will explore how these states can be met with greater **understanding, support, and integration**, offering insight into the inner landscapes of the mind and heart.

While this is an **educational and experiential** retreat, it does **not involve psychedelic substances**, nor is it a substitute for psychedelic-assisted therapy. Instead, it offers a safe and reflective space to learn, share, and deepen awareness.

Welcome to *Inner Journeys* — may this brochure be your first step toward discovery.



🏠 **Single Room £800** (early bird 20% reduction until 1 August - £640 per person)

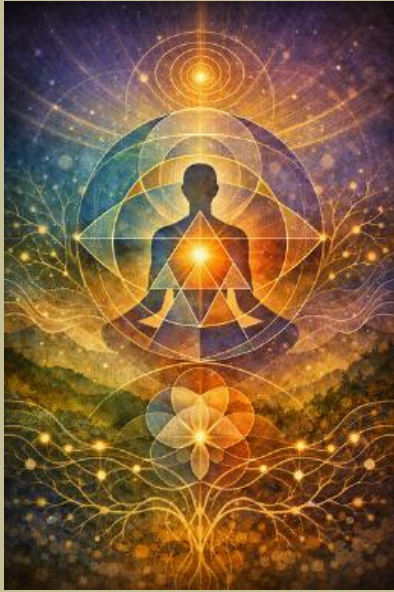
🏠 **Shared Room £750** (early bird 20% reduction until 1 August - £600 per person)

Includes accommodation, food and all activities

Venue: Tall Trees, Double House Farm, Coxbridge, Nr Glastonbury, Somerset, BA6 8LG



Who is it for?



THIS RETREAT IS FOR ADULTS OF ALL GENDERS WHO FEEL CALLED TO EXPLORE EXPANDED STATES OF CONSCIOUSNESS IN A GROUNDED, SUPPORTED, AND INTENTIONAL WAY.

You may be:

- curious about psychedelic therapy experiences
- preparing for a future psychedelic journey
- drawn to breathwork, Brainspotting or consciousness exploration
- a therapist, healer, coach, or facilitator looking to develop knowledge and skills in supporting psychedelic therapy
- someone exploring spirituality, embodiment, or personal growth
- seeking a safer and more relational approach to deep inner work

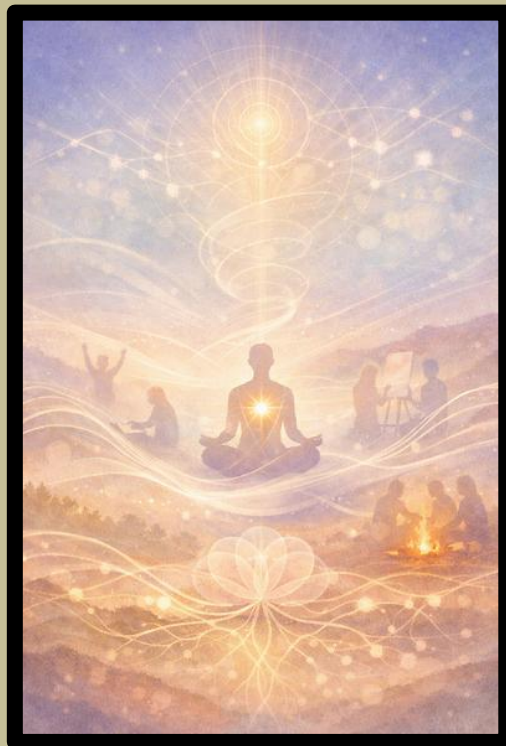


No prior experience of breathwork or Brainspotting is required. Nor do you need to have knowledge of psychedelic experiences. This retreat does *not* include the use or provision of psychedelic substances.

You do not need any clinical, therapeutic, or professional background. People come with a wide range of life experience, from complete beginners to experienced practitioners — all are equally welcome.

Any teaching is offered in an accessible, experiential way — there is no expectation of prior knowledge or professional understanding.

You're welcome just as you are.





What it may feel like to be here

This retreat moves between experiential practice, structured learning, and spacious time for reflection and integration.

Across the three days, you will be introduced to key themes from the psychedelic and expanded states field through a series of experiential teachings, including mythopoetic objects used as entry points into Brainspotting, embodied exploration, breathwork sessions, movement, creative expression, and group discussion. Each element is designed to bring concepts into lived experience, rather than keeping them purely theoretical.

You will also have opportunities to ask questions, explore your own curiosities, and deepen your understanding through informal conversation and shared reflection, including time around the fire where themes can be explored in a more open and responsive way.

Alongside the learning, there will be moments of inward focus and embodied process — including breathwork to support altered-state awareness, creative expression through painting, and Brainspotting to help integrate and make sense of personal experience. Movement and somatic work will also be woven throughout, supporting regulation, presence, and embodiment.

At times the retreat may feel reflective and inward, at other times engaged, curious, and intellectually stimulating. There is space to learn, to experience, to question, and to integrate — without pressure to perform or arrive at any particular outcome.

The invitation is to engage at your own pace, to stay close to your own experience, and to leave with both a felt sense and a clearer understanding of the landscape of expanded states and the psychedelic field.

Eppie was 100% attentive and supportive, completely focused on what I needed and how best to make me comfortable and get the most out of the process... I always felt in a better, lighter place at the end of each session compared with how I felt when I first arrived."

— Client testimonial



Welcome from Eppie Wells, Retreat Leader

Eppie, a person-centred psychotherapist, certified breathworker, certified Brainspotting practitioner and BSP consultant-in-training, will be joined by a skilled facilitation team. She is an active member of the Institute of Psychedelic Therapists (IPT) and is currently studying on their Depth Relational Process 2-year course.



Thank you for your interest in **Inner Journeys: A Retreat Exploring Expanded States of Consciousness**.

Over the years, I have had the privilege of creating and facilitating deep-dive retreats — spaces where people can step away from everyday life, reconnect with themselves, and explore the deeper layers of their experience through embodiment, creativity, relationship and inner exploration.

I have noticed a growing curiosity about psychedelics and plant medicine and noticed a particular question emerging: when people have profound experiences that shift their understanding of themselves and the world, how do we meet those experiences with awareness, respect and care?

This curiosity became the inspiration for **Inner Journeys**.



Drawing from my experience as a psychotherapist, retreat facilitator, breathwork practitioner and Brainspotting practitioner, alongside my own depth research and ongoing learning in the field of psychedelic therapy, I have created a retreat that brings together exploration, education and experience.

This is not a traditional classroom-style learning environment. Instead, through creative practices, embodied experiences, conversation and connection, we will explore themes around expanded states of consciousness in a way that is engaging, accessible and deeply human.

This retreat does not involve plant medicine. Rather, it offers an opportunity to explore the foundations that can support profound inner experiences: preparation, nervous system awareness, presence, relational connection and integration.

Whether you are personally curious about expanded states, exploring your own healing journey, supporting others, or simply drawn to deeper questions about what psychedelics, this retreat offers a space to learn, experience and integrate.

My hope is that **Inner Journeys** provides not only insight and understanding, but also grounding, connection, compassion and a renewed sense of curiosity about the possibilities of human experience.

With love,

Eppie Wells

I attended a therapists' retreat, and I could not have asked for a better experience. The facilitators were extremely knowledgeable, experienced, inclusive, and very heart-centred which made the entire retreat so valuable to me. The space was beautiful and peaceful, and I highly recommend the retreat overall. It was worth a trip over the ocean. I just wish I could do it more often." (Cindy, North Carolina USA May 2025)



What's included

- Breathwork and Brainspotting experientials
- Education and exploration around altered states of consciousness and psychedelic experiences
- Consideration of the opportunities, complexities, risks and shadow aspects of the psychedelic field
- Exploration of intention and meaning-making, relevant theory, what happens in psychedelic experiences, preparation and integration, symbolism, imagery, and inner experience, and the risks and shadow of the psychedelic field
- Nervous system regulation and grounding practices
- Somatic awareness and embodiment work
- Gentle movement, free-form dance
- Creative and expressive art processes
- Firepit gatherings, music, and connection
- Vegetarian meals
- Accommodation in shared rooms or single rooms
- A trauma-informed, person-centred, heart-centred and ethically held environment, rooted in compassion, curiosity and love



It's time for you

As interest in psychedelic-assisted work continues to grow, many practitioners or individuals are beginning to explore what this emerging field means for them — personally, professionally, and ethically.

Some may feel curious and called to learn more. Some may be considering whether this is an area they wish to develop within. Others may feel uncertain, cautious, or recognise that this is not a direction they wish to move in. All of these responses are valuable and worthy of exploration.

Whilst psychedelic substances remain legally restricted in the UK outside of approved research settings, many people are seeking experiences abroad or making personal decisions about how they engage with this landscape. This makes it increasingly important to approach the field with curiosity, awareness, responsibility, and care.

Expanded states of consciousness — whether accessed through psychedelics, breathwork, meditation, fasting, dance, prayer, or spontaneous spiritual experience — can open profound inner experiences. They can soften defences, amplify emotion, deepen perception, and bring unconscious material into awareness.

Without preparation, grounding, and integration, these experiences can sometimes feel overwhelming, confusing, or difficult to embody within everyday life.

This retreat offers a different approach.

Rather than focusing on substances themselves, we focus on you: your nervous system, your inner world, your intentions, your values, your patterns, your body, and your capacity to stay present with what arises.

This is an invitation to slow down, listen inwardly, and deepen your understanding of the psychological, somatic, relational, and ethical landscape of psychedelic-assisted work today — whilst creating space to discover your own relationship with this field, wherever that exploration leads.



The setting – Tall Trees

Double House Farm, Coxbridge, Nr Glastonbury, Somerset, BA6 8LG

<https://maps.app.goo.gl/SYm9KA3ijdrBC66CA>

Why Setting Matters

A safe, attuned, and intentional space allows the nervous system to soften, curiosity to arise, and consciousness to expand. It's not just the backdrop to the work; it's part of the work itself.

Drawing on insights from neuroscience, somatic therapy, and traditional healing practices, we know that the environment in which altered states of consciousness are accessed can shape the depth, safety, and integration of the experience.

That's why we've chosen **Tall Trees** as the connection with the surrounding nature coupled with the brand-new hub makes this the ideal space that invites you to feel held, open, and connected throughout your journey.

Whilst there will be no psychedelics at the retreat, the ambience such as the music and aromas aims to replicate a psychedelic ceremonial space.



VIDEO-2026-06-29-
22-18-18.mp4

Inside the hub (before we add our touches!)



The safari lodges



typical shared



bedroom
single room

typical



Safari interior





Investment Details

🏠 **Single Room £800** (early bird 20% reduction until 1 August- £640 per person)

🏠 **Shared Room £750** (early bird 20% reduction until 1 August- £600 per person)

Includes accommodation, food and all activities.

Your retreat package includes:

Accommodation

Food and non-alcoholic drinks

Breathwork, brainspotting, dance/movement, information about psychedelics and psychedelic therapy, campfire (weather permitting), painting.

Certificate upon request

Post retreat integration zoom meeting

Additional Costs

Travel: The price does not include travel to and from the retreat.

Payment Schedule

1. To secure your place, a non-refundable deposit of £350 is required.
2. The final instalment is due by 17 August 2026



Booking Information

- To begin your booking, email eppie@eppiewellscounselling.co.uk (please check your junk for the response) or use the contact form on www.eppiewellscounselling.co.uk
- **Application Process:** After your initial email, we will send you a form which includes the terms and conditions for attending the retreat.
- **Confirmation and Payment:** Once your application is processed and your place is confirmed, you will receive an email with a payment link for the deposit, and then a further invoice for the balance.

Refund and Cancellation Policy

Whilst we would wish to treat any cancellation sympathetically, our spaces are limited and if you wish to cancel, payments are non-refundable (unless the event is cancelled by Tekifa Breathwork Retreats).

We strongly recommend taking out your own insurance to mitigate against any loss you may incur.



Practical information – needs amending

- **Closest Airports:** Heathrow and Bristol
- **Closest Train Station:** Trains go to Castle Cary, from there you can get a taxi to the venue.
- **Parking:** is available.
- **Packing List:** A list of items to bring will be provided.

Accessibility and Mobility:

- Our understanding from the owner is that the accommodation is suitable for most mobility difficulties. Please contact me for more details.

Food and Dietary Needs:

- **Vegan meals:** The retreat includes vegan food lovingly prepared by Arcadian Catering
- **Dietary Requirements:** Please inform us of any dietary needs as soon as possible.
- **Drinks:** The drinks provided are without alcohol.

Accommodations:

- **Room Facilities:** there are shared rooms (2 people) or single rooms.
- **Medical Form:** You will need to complete a medical form prior to attending the retreat. These will be housed securely.

(See www.eppiewellscounselling.co.uk for privacy notice.) There are some contra-indications for conscious connected breathing. However, if this is the case Eppie can guide you to follow an alternative, regulation breathing technique and this will not prevent you from accessing the event or the activity.

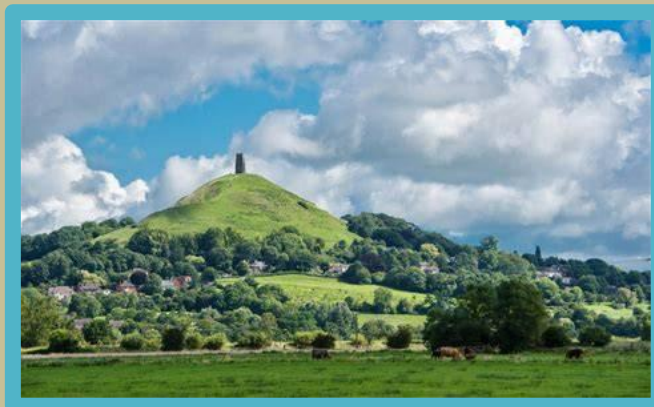


Event Details:

- **Retreat Guidelines:** Please follow the retreat guidelines and community glue to ensure a relaxing and replenishing experience for all participants.
- **WhatsApp Group:** A WhatsApp group will be set up closer to the event date to help you to connect and acquaint yourselves with each other.
- **Outdoor Activities:** Some activities may be held outdoors, weather permitting.
- **Insurance:** The event is covered by Public Liability Insurance. Whilst the programme has been put together with great care and attention, this may need to be altered in the event of unforeseeable illness or emergency of any member of the team.

Local Attractions:

- We recommend spending additional time before or after the event in the area. Glastonbury and Glastonbury Tor are a few miles away, plus there are many attractions in this beautiful part of the country.





Your facilitators

Eppie Wells, Retreat leader



Eppie Wells is a person-centred psychotherapist, certified breathworker, certified Brainspotting practitioner and BSP consultant-in-training. She is an active member of the Institute of Psychedelic Therapists (IPT) and is currently studying on their two-year Depth Relational Process course.

Alongside her therapeutic practice, Eppie supports people before and after psychedelic and plant medicine experiences, offering preparation and integration work grounded in nervous system awareness, trauma-informed practice and relational safety. Her interest in this field has developed through years of therapeutic practice, personal exploration, research, training and supporting people navigating profound inner experiences. She has assisted at psychedelic ceremonies and continues to deepen her understanding of this emerging field.

In August 2026, she will spend ten days in the Brazilian rainforest with the Huni Kuin people, learning from an indigenous community whose traditions include long-standing ceremonial relationships with plant medicines. She approaches this experience with humility, curiosity and respect for the cultural, spiritual and relational contexts from which these practices emerge.

Eppie's introduction to Brainspotting in 2014 had a profound impact on her relationship with trauma, embodiment and emotional processing, and ultimately led her to retrain as a therapist. She completed a four-year training in pluralistic person-centred counselling at the Metanoia Institute (Middlesex University), graduating in 2023 with first-class honours. Alongside this, she completed Brainspotting training through Phase 1–5, additional masterclasses and multiple retreat intensives, and is part of the BSP UK team and consultant development programme.

Her clinical work has centred on trauma, attachment, emotional regulation and complex inner experience. She is also an accredited member of the BACP.



A key aspect of her Brainspotting practice is the integration of the Neuro-Experiential Model (NEM), developed by David Grand. This model reflects the understanding that healing is not purely cognitive, but arises through the interconnected experience of body, nervous system, emotion, attention and relational presence — aligning closely with her person-centred foundation, where relationship itself is central to change.

The NEM offers a non-dogmatic, experiential framework that can be applied across cultural and spiritual contexts. Rather than privileging any one worldview, it focuses on direct human experience, making it particularly relevant in work that brings together people from diverse backgrounds, belief systems and meaning-making traditions — as is often the case in psychedelic and expanded-state work.

Eppie trained as a breathworker through the Breathing Journeys programme, accredited by the UK Breathwork Organisation. She is also a member of the UK Breathwork Association. Her conscious connected breathwork sessions are intuitive, carefully attuned and responsive to both individual and group processes.

Her work is grounded in Carl Rogers' core conditions for therapeutic change — empathy, unconditional positive regard and congruence — alongside ongoing supervision, personal therapy and reflective practice. With over thirty years' experience across health, social care, facilitation and leadership, she brings together clinical understanding, creativity and emotional attunement to her retreat work.

She hopes this retreat offers a space where people can reconnect more deeply with themselves and leave with greater clarity about whether this approach to expanded states of consciousness is right for them at this point in their lives.



Co-facilitator: Natalia Werkowska



Natalia is a humanistic counsellor working with individuals and couples/ relationships in private practice based in London. As an integrative therapist she draws on different psychotherapeutic modalities as well as embodiment, spirituality and creativity. She is also trained in therapeutic groupwork and has a background in learning and development in business.

Natalia is passionate about the healing potential of plant medicine and other expanded states. She's an active member of the Institute of Psychedelic Therapy and is currently training on their Depth Relational Process programme in psychedelic-assisted therapy.

She brings warmth, curiosity and a wealth of knowledge and experience into all of her work.

We will inform you of other team members nearer the time.



NEUROEXPERIENCIAL MODEL OF **4** PRINCIPLES DAVID GRAND, PHD

NEURO-EXPERIENCE

Healing occurs through experiential exploration of our own nervous system:

- focused mindfulness
- interoception
- eye position
- body sensations, thoughts, memories, etc.
- implicit/explicit feedback

DUAL ATTUNEMENT FRAME

Deep connection and attention to relational & neurological experiences:

- compassionate presence
- co-developing the frame
- patience (WAIT)
- following the comet
- noticing eye position and reflexes

UNCERTANTY PRINCIPLE

Embracing uncertainty allows us to attune with ourselves and others:

- humility
- flexibility and non-protocol
- mindful acceptance
- compassionate inquiry

LIBERATORY PRACTICE

Breaking from narrow interpretations of knowing & experiencing ourselves and the world:

- cultural humility & non-compliance
- self disclosure
- honoring client language and worldview
- seeking wisdom from various traditions
- incorporating intuition and spirituality



Interpretation of David Grand's Neuroexperiential Model (NEM)
by Jesse Jonesberg, MSW, LCSW
(c) 2025
brainspottingonline.org



Useful Links

About brainspotting: www.bspuk.co.uk

The Institute of Psychedelic Therapy: [Home- IPT](#)

[PsyAware- Psychedelic Education, Community and Support.](#)

[Breathwork UK – A hub for Breathwork in the United Kingdom](#)

www.tekifa.co.uk (live but still under development)





"As I surrendered to the breath, I experienced extraordinary inner imagery and emotional release... I accessed a deep 'knowing' that has been immensely helpful and fascinating."

— Client testimonial

"I had some profound shifts and often unexpected insights and revelations about myself and my personal situation... the breathwork guided me into profound states of connection with my inner world."

— Client testimonial

"It is clear that Eppie set out to deliver a retreat to provide therapists with a safe, secure and supportive place to be 100% authentic - and she achieved this in so many ways. The team were knowledgeable, personable, warm and caring. I would thoroughly recommend this to any therapist." (Kara, Bosham Retreat for Therapists)



How will it end?

After an ending ceremony, you will leave with a clearer, more embodied understanding of expanded states, and greater discernment about whether this field is right for you. We hope you also leave feeling nourished, resourced, and perhaps connected to others you'd like to stay in touch with. An integration Zoom will be held after the retreat to support reflection and reconnection.





Other Questions

Nearer the time of the event, we will issue joining information, but in the meantime please do ask any questions you have by using the contact form on www.eppiewellscounselling.co.uk

We do hope you will join us for a unique and wonderful journey.

With love from all at Tekifa Breathwork and Brainspotting Retreats

Thank you

Thank you for spending the time to read our brochure. We hope you will come and join us!

We also invite you to see our new website, although please be aware it is still under development

www.tekifa.co.uk

To begin your booking, email eppie@eppiewellscounselling.co.uk (please check your junk for the response) or use the contact form on www.eppiewellscounselling.co.uk