

# RHYTHM, RITUAL & RENEWAL

MOVING WITH GRIEF  
HEALING THROUGH LOSS

PETER SELWYN, JENNY FAHY  
& ÁINE AVENTIN

COMMON KNOWLEDGE  
BOGHILL, CO. CLARE  
IRELAND  
22-24TH MAY 2026

# RHYTHM, RITUAL & RENEWAL

## MOVING WITH GRIEF, HEALING THROUGH LOSS

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We are living in a time of great change, upheaval and grief. This retreat offers a place to pause and reflect on your own experiences of loss. Using experiential education, guided grief-tending rituals as taught by Francis Weller, a 1:1 guided somatic process developed by Elizabeth Kübler-Ross, and 5Rhythms® movement practice, you will explore how grief lives in your body, work and relationships.

Together, we gather to share insight, restore presence, and reconnect with purpose. This is not training to fix or manage grief, but a space to witness it with honesty and care. You will leave with greater clarity, renewed grounding, and a deeper capacity to meet others in their pain without losing your own centre.

- Guided by experienced facilitators in a safe, supportive, and confidential space.
- A space to acknowledge and release emotional weight or unresolved experiences that limit presence and connection.
- Offers simple, effective tools for self-care and renewal to strengthen resilience in times of stress.

This retreat is open to all and is intended especially for those who have experienced loss, work with those experiencing grief and loss, or are carrying a grief that feels stuck or unresolved. This can include loss of loved ones, relationships, health, possibilities, or the way we thought our lives were supposed to be. The retreat will be beneficial for healing professionals and caregivers of any kind. CPD or CE certs (20 hours) are available on request.



Dr Peter Selwyn (MD, MPH) is Chairman of the Department of Family and Social Medicine, and Director of the Palliative Care Program, at Montefiore Medical Center and Albert Einstein College of Medicine in the Bronx, New York. He trained at the Elisabeth Kübler-Ross Center in Virginia and has over 25 years' experience in leading grief workshops for care givers and health professionals in the United States and internationally. He has been a caregiver for people with AIDS and others at the end of life for close to 40 years. Peter is the author of *Surviving the Fall: The Personal Journey of an AIDS Doctor*. He is a certified 5Rhythms® teacher since 2021.



Jenny Fahy (MA) is an Irish 5Rhythms® teacher, creative psychotherapist, and lecturer in Applied Social Studies. Passionate about creating social change, she has consistently applied creative action and the healing arts to address social issues. With extensive experience working with diverse groups, Jenny creates a safe, accessible, and inviting space where participants can explore and deepen their relationship with movement and self-expression. Jenny has been moving with 5Rhythms® practice for 25 years and trained with the founder, Gabrielle Roth in 2007. Jenny is an accredited member of the 5Rhythms Teachers Association and regularly teaches classes in Ireland.



Dr Áine Aventin (PhD, MSc) is an Irish academic psychologist specialising in bereavement support following pregnancy loss. Guided by over 20 years' experience in mental health research, a PhD in psychological trauma, and certified training and experience in grief tending and systemic and family constellations, she uses an intuitively guided approach to facilitate group processes and meet individual needs. Áine trained as a grief tender with Francis Weller and uses ritual, creative practices, and a grief- and trauma-informed approach, to create a safe space to explore unspoken and unprocessed grief. She offers tools and resources to help people find meaning in loss and move forward with a grounded and empowered sense of self.

Residential Retreat  
Common Knowledge Centre  
Boghill, Co. Clare, Ireland  
22<sup>nd</sup> - 24<sup>th</sup> May 2026

**TIMES**  
Friday: 18:00 - 21:00  
Saturday: 10:00 - 21:00  
Sunday: 10:00 - 17:00

**COST**  
Includes workshop fees,  
accommodation & meals

Superior Single: €595  
Standard Single: €555  
Triple (3 person): €500  
Dorm (4 person): €485  
Camping: €445

Accommodation options are limited and offered on a first come basis.

**MORE INFO**  
Jenny Fahy:  
[info@jennyfahy.com](mailto:info@jennyfahy.com)

**BOOKING**  
<https://bookwhen.com/jennyfahy>

