

Wilderness Tribe



REWILDING RETREAT

Your personal Journey !

- 2 nights, 3 days at basecamp
- Bushcraft gear loaned
- Learn how to thrive as a tribe
- Learn Bushcraft Skills
- Goals and intention setting
- Ceremony and ritual
- Wilderness therapeutic journey
- Discover your authentic self.
- Added to wider FB tribe group
- Exclusive follow-up meets and camps



Wilderness Tribe

Basecamp



Join us and your new tribe at our Wilderness Tribe basecamp in the Staffordshire moors, just outside of Leek. Home for the weekend will be set up on arrival with a parachute shelter, fire circle and sleeping arrangements. We are in the woods with the luxury of showers and toilets. In downtime there is plenty to explore , relax fire side or swing in hammock.



Bushcraft

Build resilience and confidence by learning how to live in nature and thrive in the wild. For too long we have tried to dominate nature, learn to live harmoniously through the practice of bushcraft and ancestral traditions.



Wilderness Tribe



Wilderness Tribe



Your Personal Therapeutic Journey

Being in nature provides a different rhythm to the everyday rat race we encounter. You will go on a personal journey of discovery and reflection using nature as a mirror.



Perceived Self

ACTIVITY: Face the symbol you chose for how you see yourself and ask these questions. Listen for the answers.

1. Who says this is who you are - Where has this self come from?
2. Did I choose this self?
3. Who has given it to me?
4. How has this self served me?
5. Does it serve me now?

Desired Self

ACTIVITY: Face the symbol you chose for your desired self and ask these questions. Listen for the answers.

1. Who says this is who you should be? - Where has this self come from?
2. Did I choose this self?
3. Who has given it to me?
4. How has this self served me?
5. Does it serve me now?

Wilderness Tribe



Bringing tribes back to the modern world

A tribe harbours an environment for generating new ideas for work and life whilst also fostering a sense of community which is vital for a healthy productive life.

The tribe can provide a sense of purpose, a reason to interact with others and most importantly provide health and wellbeing benefits. It is said the killer of dreams is not motivation, but isolation. Unleash your full potential and achieve your dreams.



