



# OUT OF THE SHADOWS CHILDLESSNESS-NOT-BY-CHOICE

RETREAT-STYLE WORKSHOP  
FOR WOMEN

Friday 29 May – Sunday 31 May 2026

St Mary's Convent in Wantage near Oxford  
*residential in person*

*We extend a warm invitation  
to explore together the lived experience of  
childlessness-not-by-choice  
through the lenses of  
Internal Family Systems (IFS)  
& Christian Spirituality*

with Melanie Blaymires & Luiza Neumayer

For more information or to register email us at  
**[soulcounselretreats@gmail.com](mailto:soulcounselretreats@gmail.com)**

## OUT OF THE SHADOWS

**This retreat is for women** with lived experience of childlessness-not-by-choice who are:

- ◇ open to exploring how childlessness has impacted you
- ◇ open to aspects of Christian spirituality and the faith sharing of others
- ◇ no longer going through fertility treatment and are not pregnant
- ◇ neither an adoptive parent nor a step-parent
- ◇ respecting and honouring of others' differences, backgrounds, spirituality and life experiences

### **We offer:**

- ◇ a tranquil and beautiful physical setting
- ◇ compassionate holding to encounter the sorrow and tenderness of this shared journey
- ◇ an empowering space to envision the fruits that can flourish
- ◇ some teaching and personal sharing from our academic work about the impact of childlessness on identity, faith, purpose and life fulfilment
- ◇ an insight into yourselves and your experience from an IFS perspective
- ◇ experiential encounters with your co-sojourners
- ◇ nourishing times of eating and companionship in a grounded retreat context
- ◇ opportunity for connection with nature and creativity
- ◇ guided and personal reflective time (chapel is also available)

### **Your Retreat Facilitators**

- ◇ Melanie Blaymires & Luiza Neumayer have lived experience of childlessness-not-by-choice and identify with Christian spirituality as the basis of their faith.
- ◇ Melanie is a Certified IFS Therapist, Psychotherapist, Supervisor and IFSI Clinical Consultant registered with professional bodies BACP and ACC. She leads teams who assist on worldwide IFS Therapy Trainings. Melanie enjoys facilitating faith and spiritual enrichment groups in her community and has co-led retreats whilst living overseas.
- ◇ Luiza is a BPS Chartered Counselling Psychologist and an accredited integrative Psychotherapist registered with professional bodies UCKP, HCPC and BACP. She is a Certified Therapist of EMDR, AEDP, ISTD, DBR, EFT approaches and works with individuals and couples. Luiza loves walking, reading, listening to music and dancing in nature.

### **Costs and Practicalities**

- ◇ £390 per person includes accommodation, all meals and refreshments
  - ◇ **Early Bird £350 by 12 December 2025**
- ◇ Arrival on Friday 29 May at 3pm for tea and opening the space together at 4.30pm
  - ◇ Retreat closes at 2.30pm after lunch on Sunday 31 May 2026

### **To register interest & request our booking form**

- ◇ places will be limited to 10-12 participants
- ◇ email Melanie and Luiza at [soulcounselretreats@gmail.com](mailto:soulcounselretreats@gmail.com)

