WIDENING THE CIRCLE

a residential Retreat

with Cath Leith and Maddy Goodwolf

Wybalena Organic Farm, Byron Hinterland, NSW
25th - 29th July 2026

An experiential IFS retreat for therapists — restoring ease, nourishment, and the natural flow of your internal landscape.

This retreat is for therapists and practitioners with established experience in IFS, whether through formal Level 1–3 training or recognised introductory and intermediate pathways (Foundations, Online Circle, Stepping Stones).

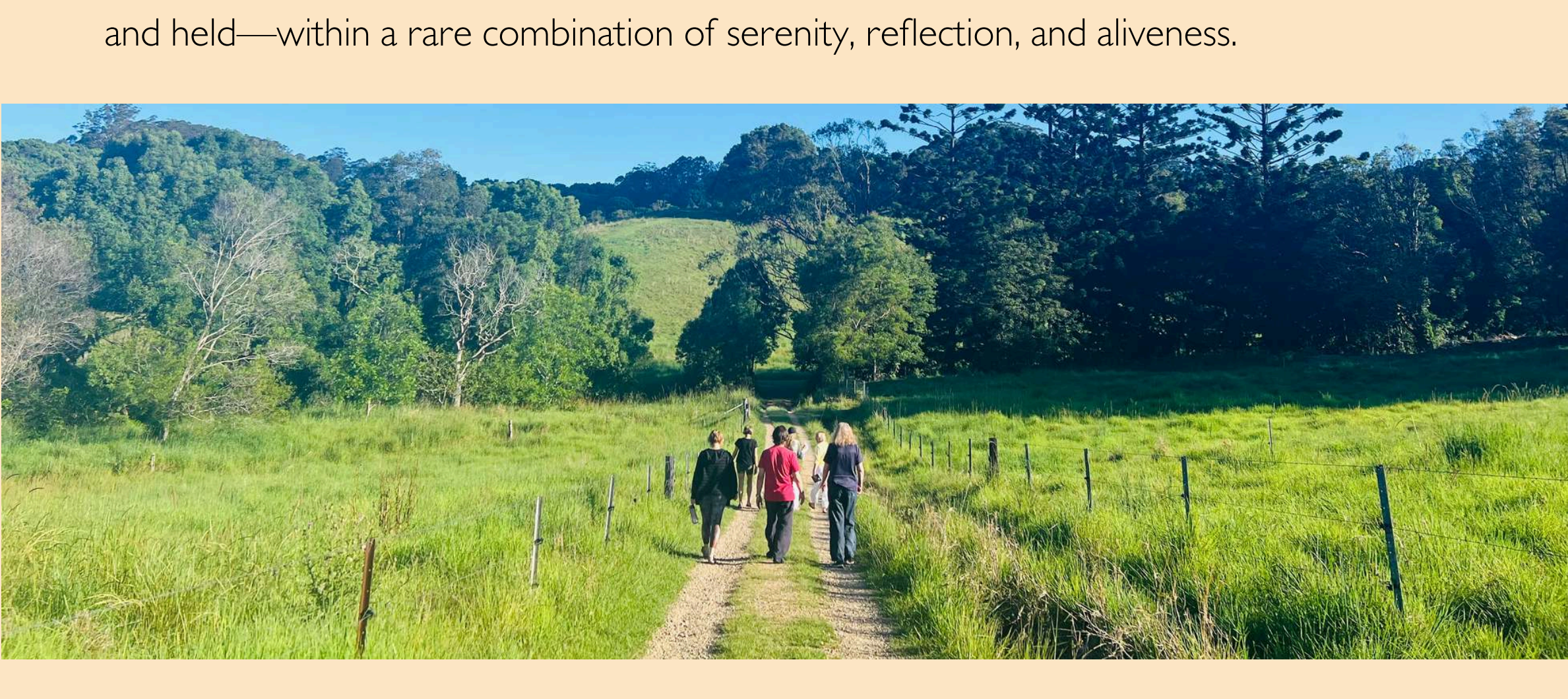
WHAT TO EXPECT

Space to rest from holding others. Space to turn toward your own system. Nourishment for the parts of you that work hard—and the parts that long to exhale. This retreat offers therapists and practitioners a wide sanctuary to reenter into connection with their bodies, Self-energy, and inner systems, alongside community.

Deepening into the IFS model from the inside, you will be invited to gather in many forms—alone, pairs, in small groups, and as a whole. Guided by Maddy and Cath's distinct yet complementary approaches, this retreat creates a steady, attuned, and quietly transformative field, all the while threaded with playful delight.

Through an experiential program, you will be supported in nurturing your system via reflective, thought-provoking sessions. These are interwoven with accessible Qigong and yoga, guided meditations, creative explorations, and time in nature.

Unlike a training, this retreat is not about learning, striving, or bringing more in; it is truly about constraint release. This space is designed so that your parts can be felt, heard, and held—within a rare combination of serenity, reflection, and aliveness.



THE RETREAT

A retreat for IFS therapists to step out of the therapist role and rest in connection with their own system — in ways that are restorative, embodied, and alive. Maddy and Cath bring complementary skills to guide experiential talks, reflective practices, and creative explorations, alongside Qigong, yoga, and guided meditation — all accessible and inclusive.

Through movement, embodied practice, and reflective inquiry — woven with quiet reflection and solo practice — we make space for your parts to arrive as they are: the serious, the tender, and the playful. From this presence, release naturally arises, and moments of joy and lightness can unfold.

Set in a tranquil, picturesque farm among rolling hills, rainforest pockets, and open fields, the environment invites restoration. Walks in nature, nourishing vegetarian meals, and restorative spaces such as the pool, infrared sauna, and ice bath all support the retreat's focus on embodied presence, connection, and aliveness.

SAMPLE DAY (ALL OPTIONAL)

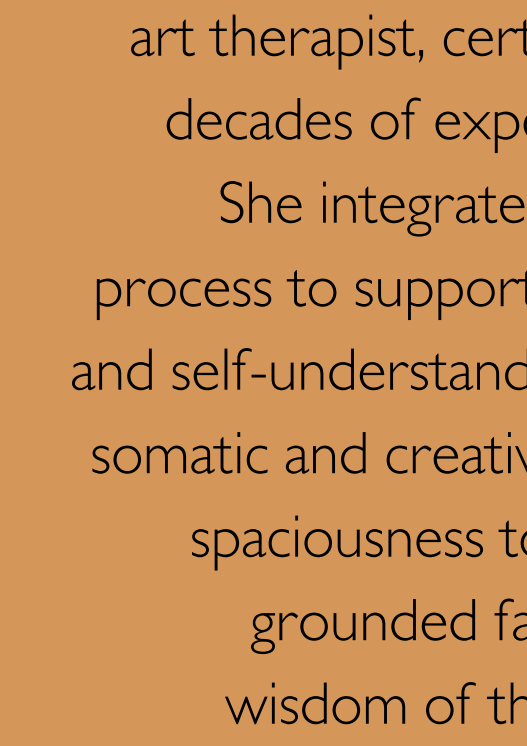
7:00 am – Morning IFS meditation & Qigong
8:00 am – Breakfast
9:30 am – Gentle Yoga
(break)
11:15 am – Experiential IFS sSession
(talks, playful explorations, creative process)
1:15 pm – Lunch & Free Time
(personal practice, social connection, walks, rest)
4:15 pm – Experiential IFS Session
(break)
6:30 pm – Dinner
7:30 pm – Evening Program
(activities to relax, connect and share)

All activities are optional — you are welcome to move at your own pace, balancing solo reflection, social time, playful engagement, and restorative practices.

Each morning we will share a few hours of silence, from waking until late morning. This quiet time allows everyone to ease into the day gently — to arrive in the body, settle the nervous system, and experience meditation, movement and breakfast without the usual pull of conversation. Many people find this rhythm creates surprising depth and clarity. In the evenings, we consciously shift the energy — opening into connection, play, exploration and relaxation. There will be space for laughter, sharing, movement and ease. Quiet mornings and vibrant evenings — a rhythm that beautifully bookends the day.

IFS CE credits are currently pending approval. With approval participants who complete the required IFS-specific session hours will be eligible to receive credit toward their IFS Institute certification.

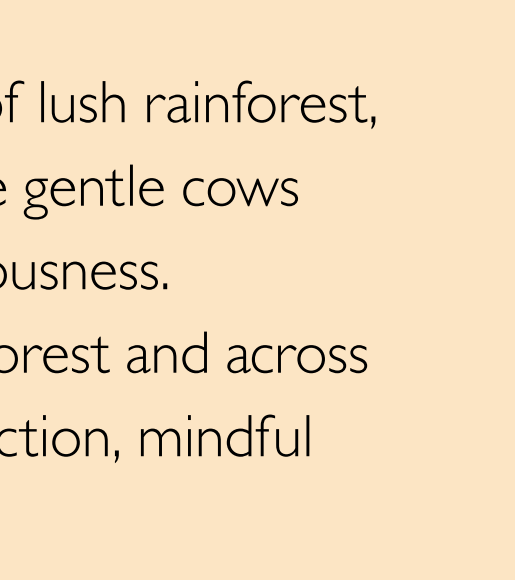
THE FACILITATORS



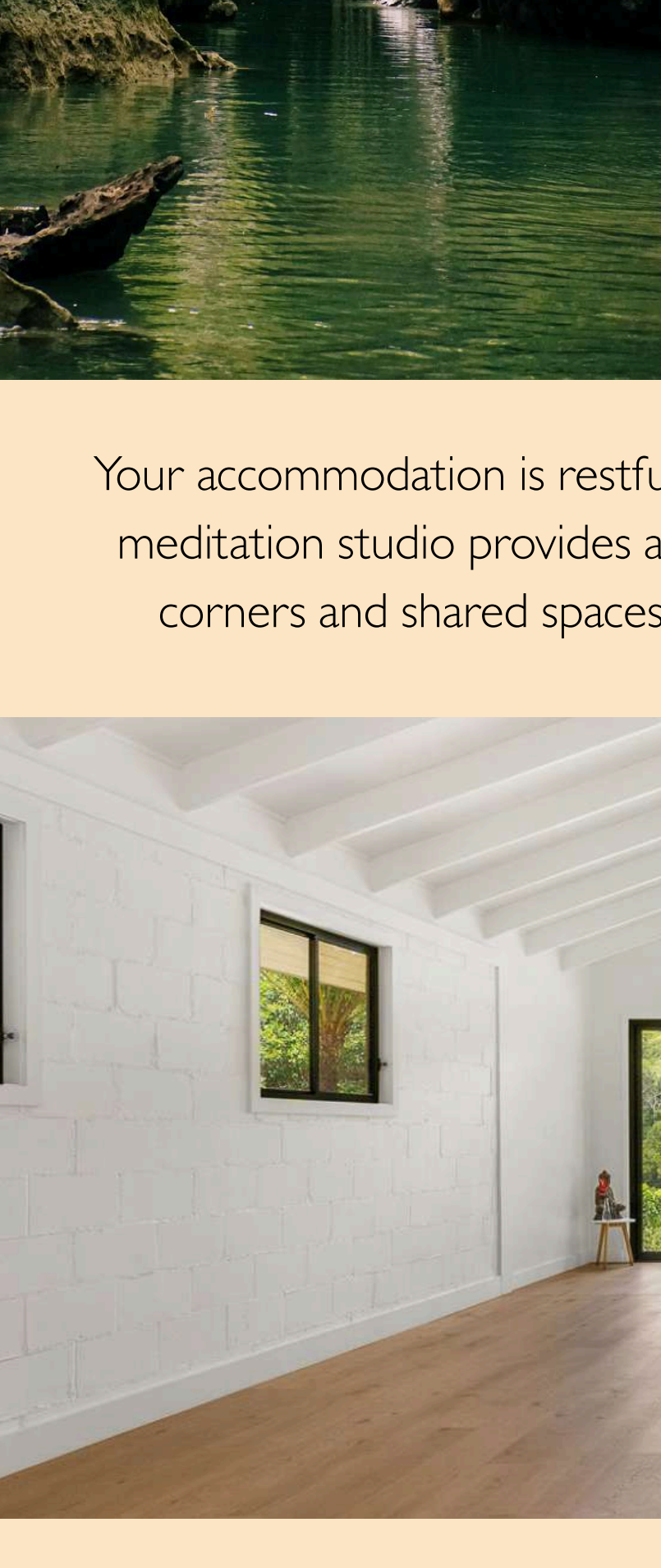
Cath Leith

Cath Leith is an IFS Trainer with the IFS Institute, currently co-leading Level 1 IFS trainings through IFSANZ. She is also a certified Internal Family Systems (IFS) Therapist, (Level 3), IFSI Approved Clinical Consultant and video reviewer. She brings a wealth of experience in supporting others through trauma and transformation. Cath runs a private online practice offering IFS therapy and clinical consultation, and as a social worker, she draws on over 19 years of experience working with children, families, and communities across government, non-government and private settings. She is known for her depth, warmth, and clarity, and brings a compassionate and playful presence to her facilitation. Cath lives in Wollongong, NSW, where she finds joy in bushwalking, kitesurfing, dancing, and playing music.

Maddy Goodwolf

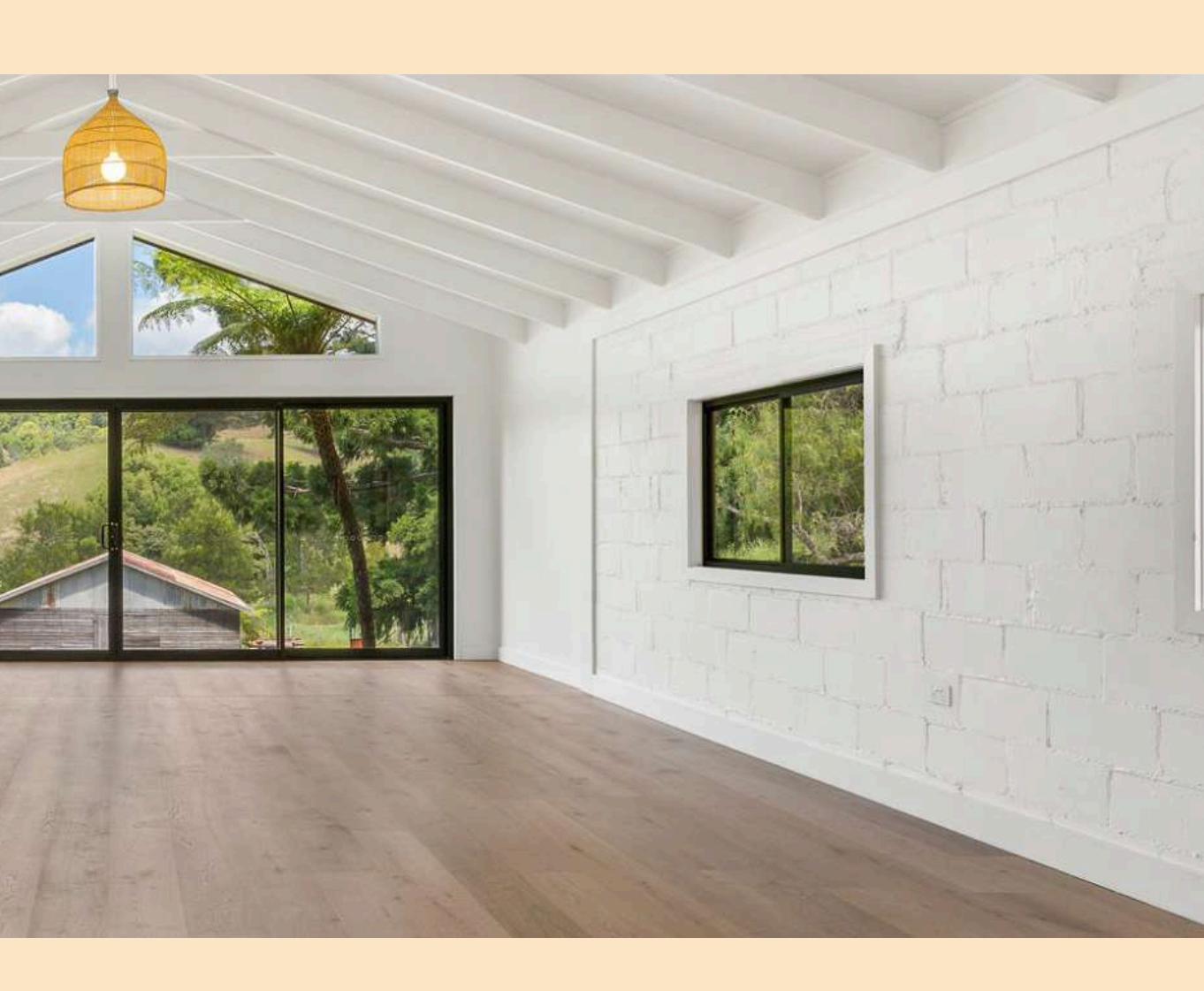


Maddy Goodwolf is a Level 3 Internal Family Systems therapist, registered art therapist, certified yoga teacher, and Qigong teacher, with over two decades of experience in embodied and creative therapeutic practice. She integrates IFS, somatic awareness, mindfulness, and the creative process to support deep personal inquiry and the cultivation of presence and self-understanding. Maddy brings a rich and thoughtfully held range of somatic and creative practices to her work, providing depth, texture, and spaciousness to the therapeutic process. She is known for her warm, grounded facilitation and her deep respect for the complexity and wisdom of the inner world, skillfully weaving inner exploration with embodied practice to support personal growth and professional development. Maddy lives in Tasmania, where she draws renewal from nature, movement, art making, and meaningful human connection.



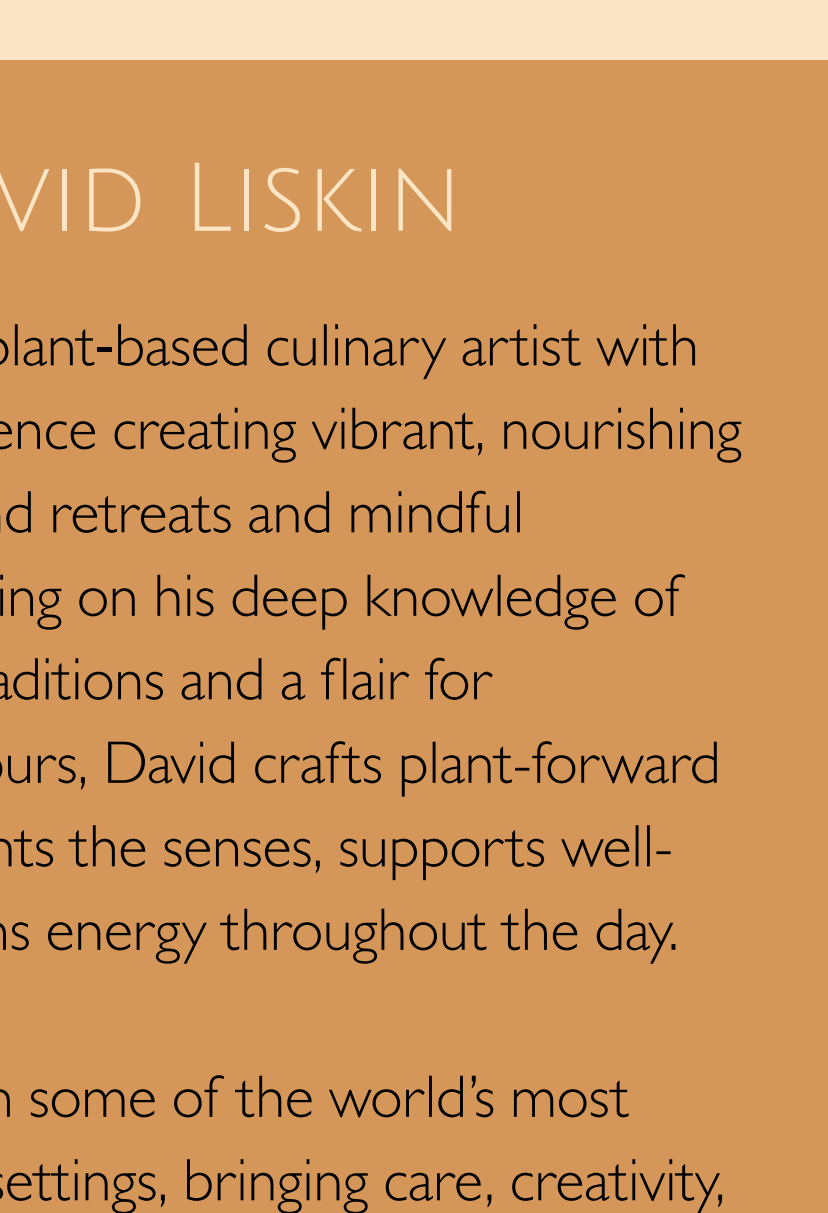
THE VENUE – WYBALENA

Nestled among rolling hills and pockets of lush rainforest, Wybalena is a serene farm retreat where gentle cows wander and wide open skies invite spaciousness. Meandering trails wind through the rainforest and across sunlit fields, offering space for quiet reflection, mindful walks, or playful exploration in nature.



Your accommodation is restful and inviting, a place to sink into ease. The light-filled yoga and meditation studio provides a calm space for practice, reflection and gatherings, while cosy corners and shared spaces invite moments of connection, laughter, or gentle solitude.

For restoration and replenishment, enjoy the sparkling pool, infrared sauna, and ice bath. Nourishing vegetarian meals are lovingly prepared to support your body and well-being. Wybalena offers a rare blend of serenity, vitality, and freedom — the perfect backdrop for slowing down, reconnecting with your parts, and simply feeling alive.



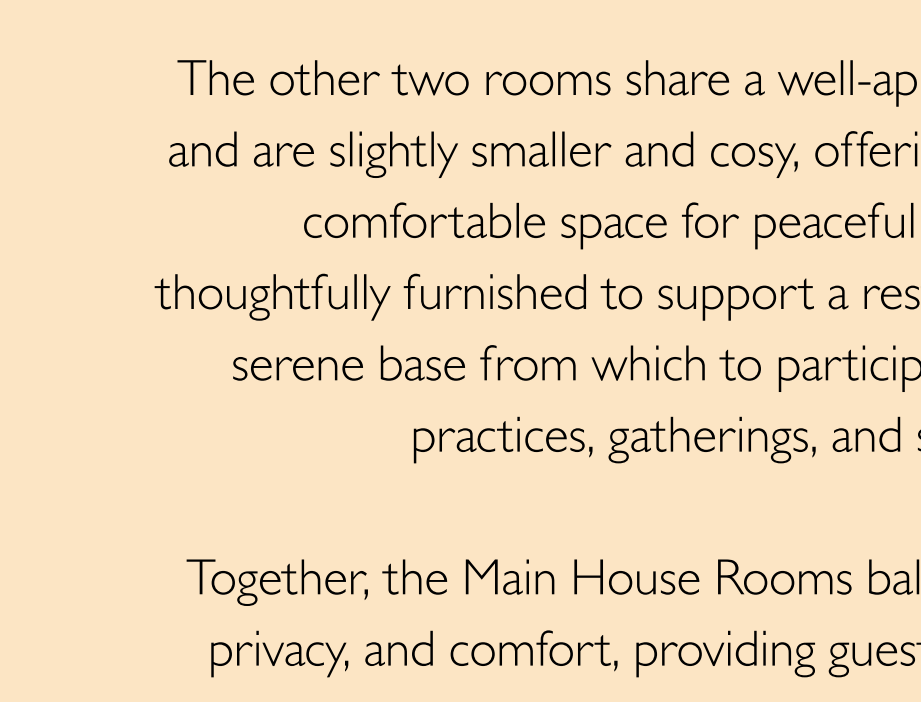
THE CATERING – CHEF DAVID LISKIN

David Liskin is a plant-based culinary artist with extensive experience creating vibrant, nourishing meals for high-end retreats and mindful gatherings. Drawing on his deep knowledge of global culinary traditions and a flair for unexpected flavours, David crafts plant-forward cuisine that delights the senses, supports well-being, and sustains energy throughout the day.

He has worked in some of the world's most inspiring retreat settings, bringing care, creativity, and attention to every dish. At this retreat, David will prepare meals designed to calm the nervous system, nourish the body, and enhance your experience of embodied practice, reflection, and connection — making every bite a joyful part of your restorative journey.

THE ACCOMMODATION TYPES

Garden Rooms



Located in a peaceful wing just a short stroll from the Main House, the four Garden Rooms offer a small, cosy, and welcoming retreat for each guest. Surrounded by lush gardens, they open onto a shared deck — perfect for soaking up the sunshine, breathing the fresh country air, or enjoying quiet reflection.

Each room is thoughtfully designed to provide a sense of privacy while staying connected to the rhythm of the retreat. With a double bed, private ensuite, reverse-cycle air conditioning, and ceiling fan, the rooms create a serene and comfortable space to rest, recharge, or simply pause between practices.

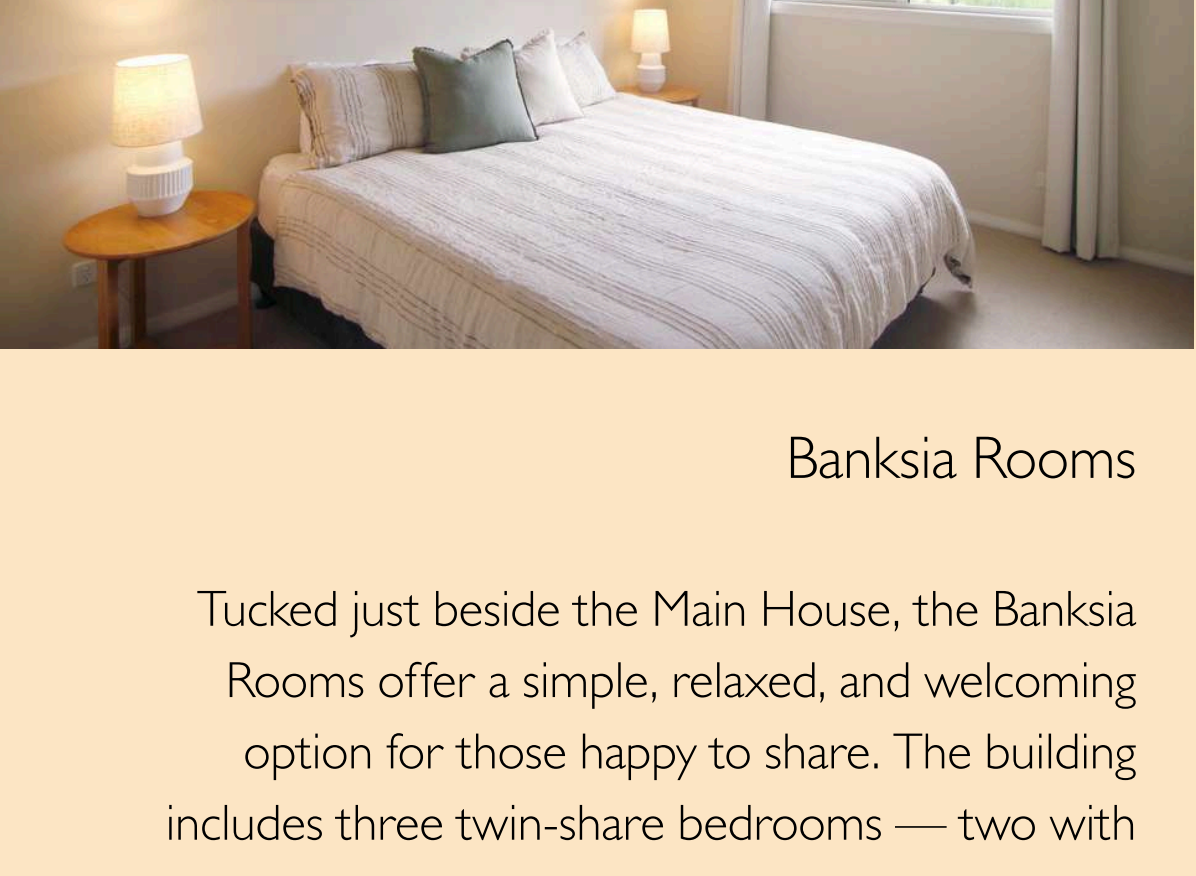
Light-filled, intimate, and inviting, the Garden Rooms provide a nurturing sanctuary — your personal base within the wider retreat, offering both comfort and connection to the beauty of Wybalena's rolling hills and garden landscapes.

Main House Rooms

The Main House Rooms are perfectly located in the heart of the retreat, offering easy access to the studio, dining spaces, and communal areas, while remaining quiet and private for rest and reflection. Two of the rooms feature private ensuites and are extra spacious, bright, and delightfully airy — ideal for those who enjoy a little extra room to relax and unwind.

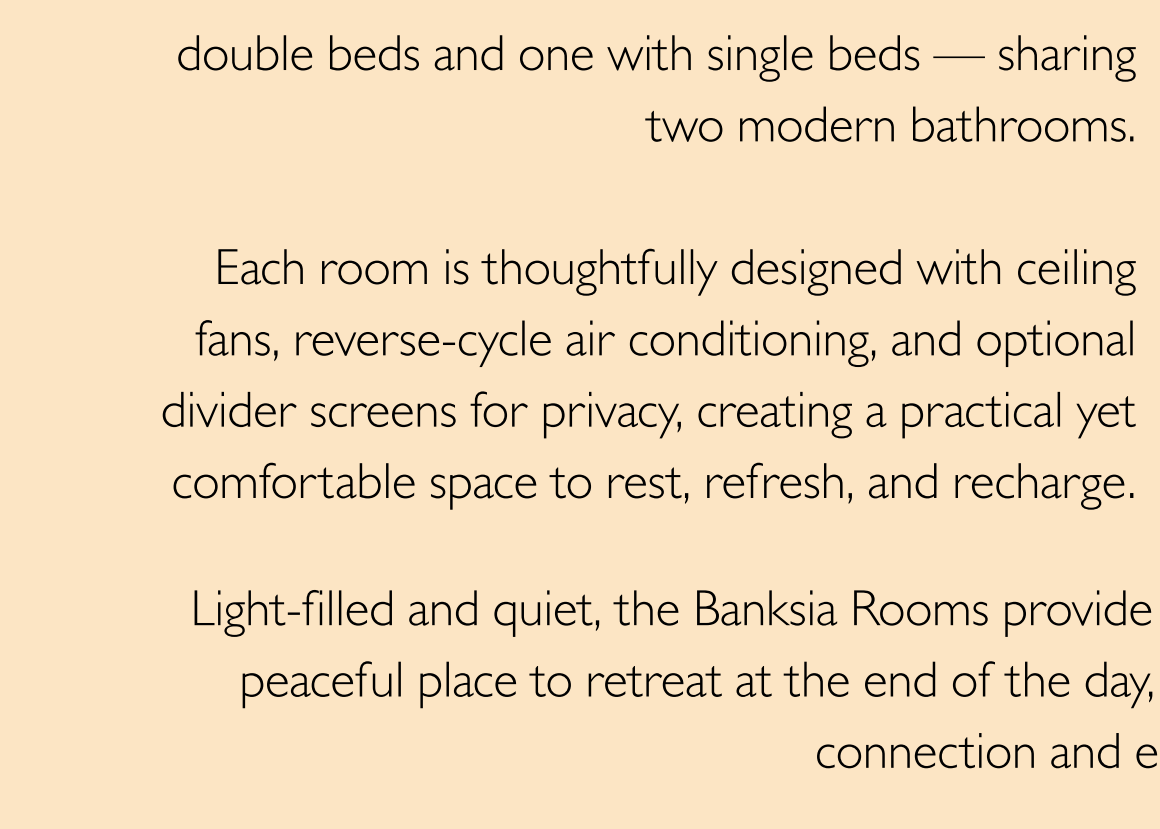
The other two rooms share a well-appointed bathroom and are slightly smaller and cosy, offering an intimate and comfortable space for peaceful rest. Each room is thoughtfully furnished to support a restful stay, creating a serene base from which to participate in the retreat's practices, gatherings, and social connections.

Together, the Main House Rooms balance convenience, privacy, and comfort, providing guests with a nurturing and welcoming space in the hub of the retreat.



Gumnut Cabins

The three Gumnut Cabins offer spacious, modern accommodations set slightly apart from the main retreat area, perfect for those seeking quiet, privacy, and space to breathe. Each cabin features two comfortable bedrooms (with double or queen beds), a shared bathroom, and a bright living space with dining area and deck — ideal for relaxing, connecting, or taking in views of the surrounding farm and grazing cows.



Light-filled and thoughtfully designed, the cabins provide room to spread out, enjoy each other's company, or savour moments of solitude. Cabin 3 is wheelchair accessible, ensuring comfort and ease for all guests.

With decks overlooking the rolling hills and open fields, the Gumnut Cabins create a serene, airy sanctuary to return to after a full day of retreat activities, offering restorative space, calm, and connection to the peaceful countryside.

Banksia Rooms

Tucked just beside the Main House, the Banksia Rooms offer a simple, relaxed, and welcoming option for those happy to share. The building includes three twin-share bedrooms — two with double beds and one with single beds — sharing two modern bathrooms.

Each room is thoughtfully designed with ceiling fans, reverse-cycle air conditioning, and optional divider screens for privacy, creating a practical yet comfortable space to rest, refresh, and recharge.

Light-filled and quiet, the Banksia Rooms provide a friendly, communal atmosphere while still offering a peaceful place to retreat at the end of the day, making them a perfect choice for those who enjoy connection and ease within the retreat.

THE COST

To support a range of needs and preferences, accommodation is offered across four tiers, with pricing based on room type, level of privacy, and proximity to shared amenities. Each space has been thoughtfully prepared to provide comfort, rest, and ease throughout your stay. We invite you to choose the option that best supports you.

PRICING TIERS

- Tier 1 – $3250 Main House with Private Ensuite & Garden Rooms
- Tier 2 – $3150 Gumnut Cabin
- Tier 3 - $2950 Main House with Shared Bathroom
- Tier 4 – $2650 Banksia Rooms - Twin Share with Double Beds
- Tier 5 – $2550 Banksia Rooms - Twin Share with Single Beds

PAYMENT

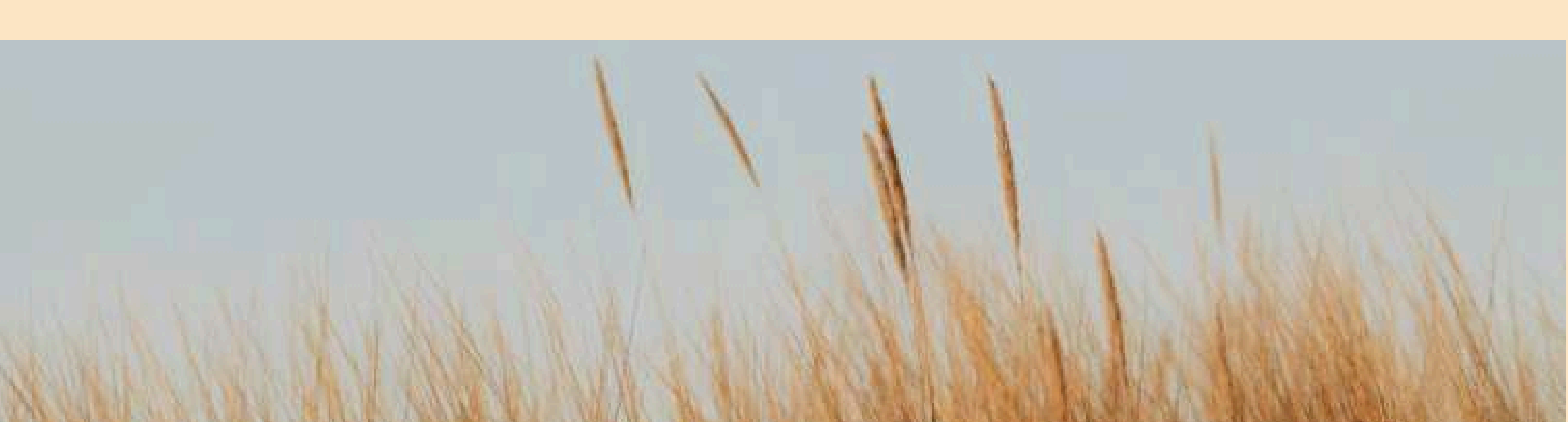
A $500 non-refundable deposit is required to secure your place.
Full payment is due by June 26th, 2026.

Cancellations made on or before June 26th, 2026 will receive a refund minus the $500 deposit. As we commit to venue and catering costs from this date, cancellations after June 26th, 2026 are non-refundable unless your place can be filled. If we are able to fill your place, you will receive a refund minus the deposit.

Thank you for your understanding and care.

GETTING THERE

The retreat will be held in the Byron Bay hinterland, with access via either Gold Coast or Ballina airports. Transport can be arranged by Uber or taxi, and we're happy to help connect participants who may wish to share a ride.

Please contact Maddy for any further information or to secure your place on this retreat.
Email: maddy@maddygoodwolf.au