

TENDING TO THE INNER FIELD RESIDENTIAL RETREAT



A restorative experience for IFS-trained therapists
with Cath Leith
supported by Maddy Goodwolf
2nd - 6th November 2025

Wybalena Organic Farm. Byron Hinterland. NSW

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A purposeful retreat for IFS therapists

This retreat offers IFS therapists a purposeful pause to nurture and care for their body, the inner parts that engage in and that sustain their therapeutic work - their whole system. It provides a rare opportunity to slow down deeply, tend to your own needs, and connect with others in a spacious, supportive environment created especially for those devoted to this meaningful work.

The program includes guided inner explorations, themed talks, and group experiential activities. Cath brings extensive experience to gently guide focused discussions and shared processes that encourage deeper inquiry and connection. Maddy supports the unfolding of the retreat with optional gentle yoga and somatic practices accessible to all, along with IFS-themed meditations and mindfulness offerings to nourish both body and mind.

Held over four unhurried nights in a tranquil natural setting, the retreat includes delicious, healthy meals prepared by skilled retreat chefs and time to walk, rest, or simply be. This environment invites restoration and reflection—offering a holistic experience beyond the usual workshop format. Together, these elements create a nurturing space for presence, growth, and renewal—inviting you to reconnect within and alongside others in your field.



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The Facilitators

Cath Leith

Cath Leith is a Certified Internal Family Systems (IFS) Therapist, (Level 3) and IFSI Approved Clinical Consultant. She has recently completed the Lead Trainer Program with the IFS Institute and assists in teaching Level I trainings for IFSANZ. 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 18 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 steady, compassionate 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 an Internal Family Systems (IFS) Practitioner (Level 2), registered art therapist, certified yoga teacher, and long-term student of Zen meditation. She brings over a decade of experience in embodied and creative therapeutic practices, grounded in a previous career as a successful visual artist. Her work integrates IFS, somatic awareness, mindfulness, and the creative process to support deep personal inquiry and self-leadership. Maddy supports the facilitation of this retreat alongside Cath Leith, offering a warm, grounded presence and a deep respect for the inner world. She lives between Tasmania and Northern NSW, and finds renewal in nature, movement, making art, and the warmth of human connection.



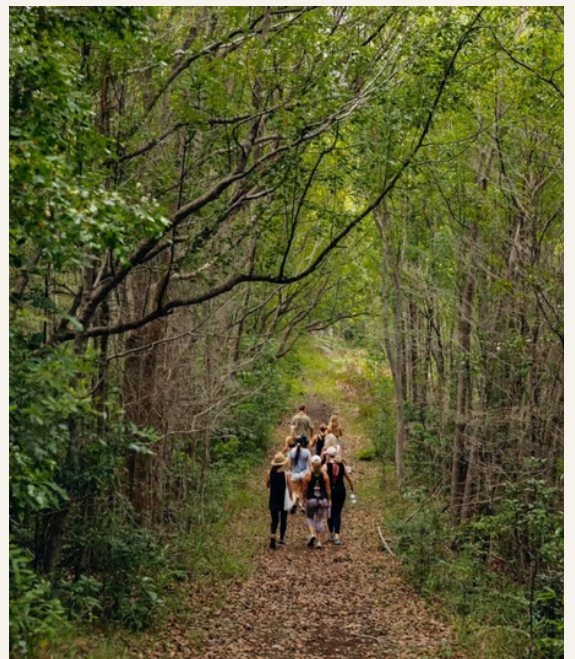
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The Retreat Venue

Wybalena Organic Farm

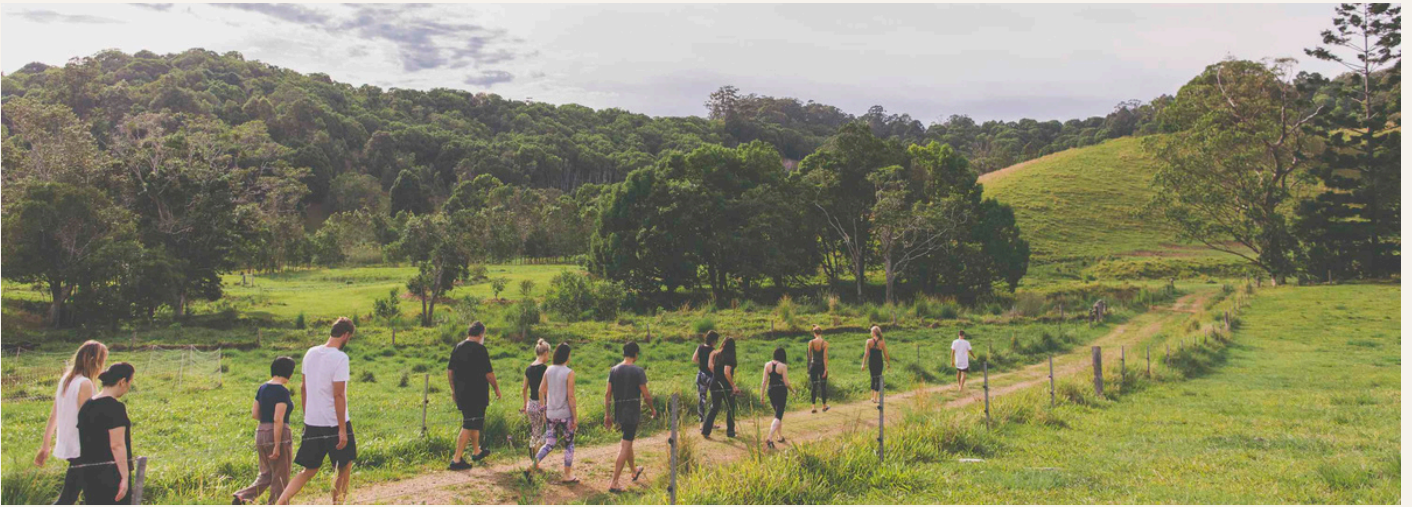


Set on 170 acres in the lush rolling hills of the Byron Bay Hinterland, Wybalena Organic Farm offers a peaceful sanctuary designed for deep rest and reconnection. Surrounded by native bushland, birdsong, and open sky, the farm invites a sense of calm and spaciousness from the moment you arrive. Comfortable, thoughtfully designed spaces provide a cosy and quiet place to unwind, while wellness facilities—including a magnesium pool, infrared sauna, and ice bath—support gentle restoration of body and mind. With walking trails, spring-fed creeks, and a strong commitment to regenerative farming, Wybalena is a place of quiet beauty, offering a rare opportunity to be held by the natural world in comfort and serenity.



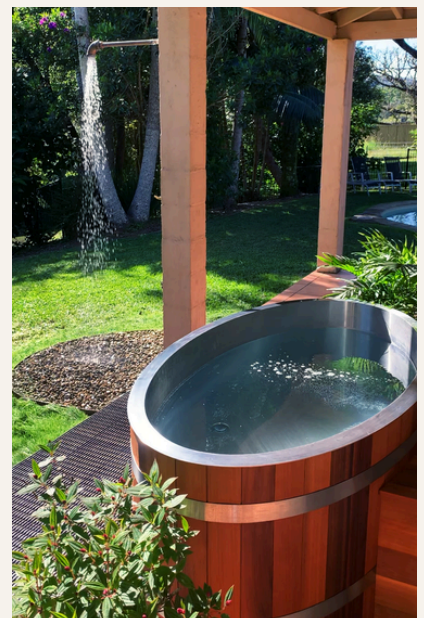
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The Retreat Program



Stepping away from the demands of daily life offers a rare and powerful opportunity to reconnect with yourself. This retreat is held within a spacious, nourishing environment — where everything is taken care of, and you are gently invited to unplug from stimulation, social roles, and the pace of the outside world. The program is designed with care to support your nervous system in unwinding, and to create the conditions for deeper self-connection, rest, and insight.

Each day follows a gentle arc — incorporating embodied practices such as slow, grounding yoga and gentle chi movement to open the body's energy pathways, alongside guided meditations and periods of restorative silence. You'll engage in experiential IFS processes and teachings, with plenty of time to integrate through nature walks, quiet reflection, or time in the magnesium pool, sauna, or ice bath. Wholesome, invigorating meals prepared by our retreat chefs will nourish and support your inner work. There will also be space to connect — through warm conversation, shared cups of tea, or simply walking together under the open sky.



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The Accommodation Types

THE GARDEN ROOMS

Located in a peaceful wing just a short stroll from the Main House, these four beautifully appointed rooms are surrounded by lush gardens and open onto a shared deck—ideal for soaking up the sunshine and fresh country air. Each room includes a double bed, private ensuite, reverse-cycle air conditioning, and a ceiling fan, offering a serene and comfortable space to retreat and rest.



THE MAIN HOUSE

Situated within the heart of the retreat space, these light-filled rooms are elegant and inviting. Two feature private ensuites, while the other two share a modern bathroom. All rooms are equipped with ceiling fans and are just steps from the shared living and dining areas, offering ease and comfort for those who appreciate being close to the centre of things.

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The Accommodation Types cont...

THE GUMNUT CABINS

These three country-style cabins each offer two comfortable bedrooms (with either double or queen beds), a shared bathroom, and a welcoming living space with dining area and deck overlooking the surrounding landscape. Set slightly apart from the main retreat area, they provide a quiet and cosy place to return to after a full day. Cabin 3 is wheelchair accessible.



THE BANKSIA ROOMS

Tucked just beside the Main House, the Banksia building includes three twin-share bedrooms—two with double beds, and one with single beds. These rooms share two modern bathrooms and come with ceiling fans, reverse-cycle air conditioning, and optional divider screens for privacy. A simple and comfortable option for those who are happy to share space.



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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 – \$2700 Garden Rooms or Main House with Private Ensuite
- Tier 2 – \$2400 Main House with Shared Bathroom or Gumnut Cabins
- Tier 3 – \$2100 Banksia Rooms Twin Share with Double Beds
- Tier 4 – \$1950 Banksia Rooms – Twin Share with Single Beds

Please note: We are currently applying for IFSI CE credits

Payment

A \$500 non-refundable deposit is required at the time of booking. Full payment is due by October 1st, 2025. If you need to cancel after paying in full, we'll offer a full refund if we can fill your place. If not, we'll refund 50% of the total cost. Thank you for your understanding.



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.

Bookings

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