

Beyond Addiction Retreats

Four day residential recovery retreats at Dromantine, Newry

A PEACEFUL SANCTUARY FOR RECOVERY AND HEALING

Compassionate, **evidence-based four day retreats** in the peaceful Northern Ireland countryside, creating a safe and nurturing sanctuary for deepening recovery, self-discovery and meaningful reconnection.

The retreat

- ✦ Small groups in the calm of the Dromantine estate
- ✦ Facilitated group process, safe sharing and connection
- ✦ Gentle trauma work with compassionate guidance
- ✦ Yoga, meditation and time in nature

Expert care

- ✦ Led by experienced, qualified clinicians
- ✦ Pia Mellody model and somatic approaches
- ✦ MSc-level addiction psychology expertise
- ✦ Relapse prevention and ongoing alumni support

Upcoming retreats

9 to 12 Oct 2026

13 to 16 Oct 2026

26 to 29 Oct 2026

16 to 19 Nov 2026

August 2026 retreats sold out. Places are limited to keep groups small.

BeyondAddictionRetreats.org

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Bookings and enquiries are handled by Beyond Addiction Retreats at BeyondAddictionRetreats.org or +44 7375 505109. Dromantine Retreat and Conference Centre is the venue and does not take bookings.