

Going Deeper – Retreat for Helpers, leaders, and seekers

With Naomi & Doug Moseley (Canada) and Vincent de Klerk (The Netherlands)
Thursday 26 February (3pm start) – Monday 2 March 2026 (late morning finish)

Why this retreat?

The best way to deepen our work as Helpers, leaders, and seekers, and to move forward in life ourselves, is to better know who we are. This retreat is designed for those who are ready to go deeper into themselves, their relationships, and their contribution to the world.

Insight and experience

Many of us begin our journeys with insight-based approaches: understanding the origins and patterns of thoughts, emotions, and behaviors. Insight is vital, yet it primarily engages the mind, and eventually we reach the limits of what insight alone can transform.

This retreat moves beyond insight into experiential work. Instead of only talking about an issue, we enter direct, in-the-moment emotional and body-oriented experiences. These moments allow us to touch the deeper roots that are driving our patterns. Emphasis will be on truth, feelings, integration, and growth.

We also believe that true inner movement comes from engaging with our shadow selves and nurturing the emotionally under-developed parts within us. At first this may feel daunting, but often fear gives way to relief, then excitement, and finally a sense of freedom.

The added dimension of systemic constellation work

Alongside Doug and Naomi's long-standing expertise in experiential, shadow, and relational work, this retreat integrates systemic constellation work with Vincent de Klerk.

Constellation work is a science-backed, experiential method that combines thinking with sensing and feeling. Participants position peers in the physical space as parts of the system connected to their challenges. This creates a living map of the systems we belong to: family, community, organizations, and even the larger whole of life.

Constellations make the unseen dynamics visible and tangible. This enables participants to:

Experience and understand interconnections: sense the relationships within the complexity of the system.

Reveal breakthrough insights: uncover solutions often hidden in traditional approaches.

Bridge the knowing–doing gap: embody new ways of behaving and leading within complex systems.

By combining the Moseleys' deep experiential work with systemic constellation practices, this retreat allows Helpers, leaders, and seekers to see, feel, and shift at multiple levels: personal, relational, professional, and systemic.

Who is this for?

- Helpers who wish to refresh and deepen their inner work
- Leaders who want to explore deeper patterns of influence, responsibility, and freedom
- Seekers who are ready to go further on their path of wholeness

What you can expect

- Honest, experiential group processes
- Deep emotional work in a safe, guided environment
- Systemic and constellation practices that connect individual, relational, and collective patterns
- Insights that extend beyond the personal — into leadership, planetary health, and our responsibility toward future generations
- A community of Helpers, leaders, and seekers walking the same path
- A stunning location surrounded by nature, delicious healthy meals, yoga and meditation with Jamie Power, music and voice activation with Tania de Jong and all the facilities and activities available at [Heartlands Retreat](#).

Facilitators

Doug & Naomi Moseley

Doug and Naomi are internationally respected therapists, teachers, and authors with more than three decades of experience. They have led workshops, trainings, and retreats across North America and beyond, guiding countless Helpers, leaders, and seekers into deeper self-awareness and transformation. Their approach integrates shadow work, intimacy training, and experiential processes that move beyond insight into direct emotional truth. They are known for their warmth, clarity, and ability to hold space for both individual breakthroughs and group healing.



Vincent de Klerk

Vincent is a consultant and facilitator from the Netherlands, with more than 30 years of experience guiding leaders, teams, and seekers worldwide. He specializes in systemic constellation work, weaving together organizational leadership, indigenous wisdom - learned from tribes he stayed with - and planetary health. Known for his clear perception and down-to-earth approach, Vincent helps uncover hidden dynamics and open pathways toward personal transformation that serve both organizations and humanity's shared future.



If you would like to apply to join one of our Byron Bay wellness retreats or have any questions, please email us at hello@heartlandretreats.com.au or phone +61 (0)411 459 999. Retreats are by invitation only.