

## Men's Emotional Sobriety Retreat - Summer 2026

Ballycroy, Co. Mayo, Ireland from Saturday June 6 – June 13

Hosted by Patrick Little

*"The hamster wheel looks like a ladder – but only from the inside..."*

In the wild landscape of County Mayo, Shranamanragh Lodge is a place where time seems to have stood still. Located on the bank of the River Owenduff, 3km upstream from where it flows into the Atlantic Ocean, this is the ideal location to retreat from the outer world of compulsion, stress, and chaos to bring order and calm to our Inner World.

Combining elements from Zen Buddhism, Twelve Step Recovery, Positive Intelligence (PQ), and Gestalt Therapy (specifically - chair work), we will *"enter the cave that holds the treasures that we seek..."* (Joseph Campbell)

Limited to eight participants, we will each have time and space, supported by the group, to delve below the surface to identify, embrace, and work with old reactive patterns that no longer serve our healing, growth, and joy. By integrating the results of this work, we grow in our capacity to respond with awareness to whatever stimuli we encounter as we go through our daily lives. We become the "responsible men of the 21<sup>st</sup> century".



Shranamanragh Lodge, which has been the holiday home of our family since 1936. This shot was taken from the opposite side of the river....

## **Retreat Programme.**

Saturday, June 6

**15.00 Arrival**

16.00 Walk around the grounds and local vicinity

18.00 Evening meal

**19.00 Session 1**

Introductions

Why am I here? What do I hope to get from this week? What have I brought to contribute? Review of retreat programme

21.00 Sunset walk/swim

Sunday, June 7

6.00 Meditation (optional)

7.00 Breakfast

**8.00 Session 2**

PQ Concepts

Pain is a given, Suffering is optional

Saboteurs, Mind Control, Sage

Self-Assessment, Collective Reflection

11.00 Relaxation, Private Time/Group Time

12.00 Lunch

13.00 Outdoor Activities

18.00 Dinner

**19.00 Session 3**

Inner Critic, Judge Saboteur

Childhood, Compassion, Grief

Chair Work #1

21.30 Sunset Walk, Open House

This daily schedule will be repeated throughout the week, Monday through Friday. One day is reserved for an all-day excursion, perhaps to climb Ireland's Holy Mountain, Croagh Patrick, on the Atlantic Seaboard (Clew Bay)

Afternoon trips may include exploring the river up into the mountains, swimming and hiking on Achill Island, discovering the rugged beauty of the North Mayo coast, including the spectacular sea stack at Downpatrick Head. Daily swims in the river at the Lodge at high tide are very enjoyable.

The topics of the Sessions throughout the week will be as follows:

**Session 4, Monday 8.00 – 11.00**

Judge Saboteur & Accomplices

Saboteur Life Cycles

Chair Work #2

**Session 5, Monday 19.00 – 21.30**

3 Further Accomplice Saboteurs

Chair Work #3

**Session 6, Tuesday 8.00 – 11.00**

3 Further Accomplice Saboteurs

Chair Work #4

**Session 7, Tuesday 19.00 – 21.30**

3 Further Accomplice Saboteurs

Chair Work #5

**Wednesday, June 10**: Day Trip (weather dependent). Mountain Climb



Ireland's Holy Mountain, Croagh Patrick, on the southern shore of Clew Bay

**Session 8, Thursday 8.00 – 11.00**

Sage Perspective  
 Five Sage Powers  
 Chair Work #6

**Session 9, Thursday 19.00 – 21.30**

Sage Perspective  
 Five Sage Powers  
 Chair Work #7

**Session 10, Friday 8.00 – 11.00**

Sage Perspective  
 Five Sage Powers  
 Chair Work #8

**Session 11, Friday 19.00 – 21.00**

PQ Applications  
 Daily PQ/Emotional Sobriety Practice  
 Chair Work #9

**Session 12, Saturday 8.00 – 11.00**

Outro Session, Mental Fitness Plan, Personal Areas of Application  
 Big Step, Emotional Sobriety Commitment

**Depart at noon on Saturday, June 13<sup>th</sup>**, after an early lunch.

Each participant will have the opportunity to do chair work at least once. In this segment, we will enter into a dialogue with one of our Saboteurs or Sage Powers. There may be time for two chair work segments in each session. Experience shows that 30 minutes is often sufficient to complete a chair work session. Participation is voluntary and the participant selects the topic of the chair work session.

The morning session will begin with a check-in segment of approx. 30 minutes.

Various topics may arise during our sessions. Sufficient time is available to allow them to be identified, embraced, deeply felt, worked through, and integrated. I am available for 1-2-1 sessions with participants in the afternoons (can be conducted in English or German).

The package includes accommodation (double rooms, single beds), organic

vegan breakfast, lunch & dinner each day, plus refreshments. We will organise the cooking ourselves by means of a service roster. All fresh meal ingredients will be delivered to the Lodge throughout the week.

**The retreat price of €1,200 plus VAT** (where applicable) does not include transportation to and from the retreat location.

**Please signal your intent to participate per email before April 30<sup>th</sup> to [patrick@soberoasis.org](mailto:patrick@soberoasis.org)** . Places will be allocated on a first-come-first-served basis. Only eight places are available. Once I have received your email, you will be asked to complete the booking process. A payment plan option is available upon request. I look forward to receiving your booking.

Once the slots have been booked, we will establish a WhatsApp Group (or similar) to enable participants to coordinate travel to and from the location, pooling of rental cars, etc.

Though digital detox is advised during your stay, high-speed Wi-Fi is available to those who need it. The retreat language is English.

I am available to support participants (with information, contacts, inspiration, etc.) who wish to plan an extended stay in Ireland around the time of the retreat.

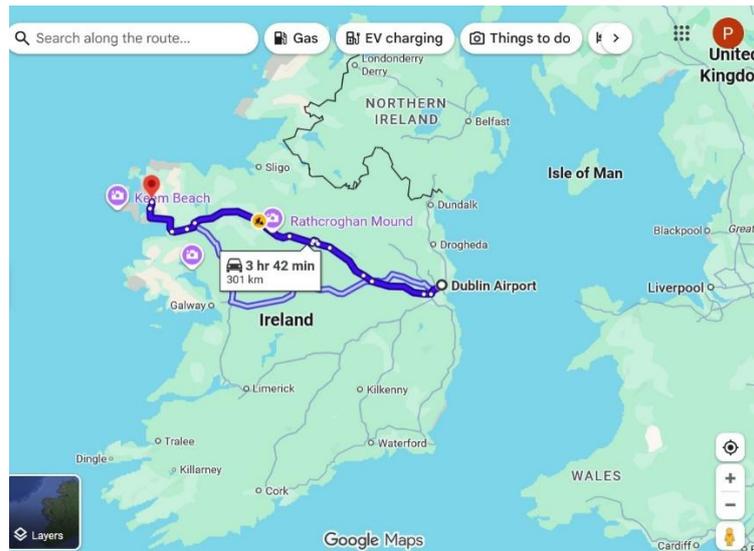
Please do not hesitate to contact me if you have any further questions.

Best wishes,

Patrick in Cologne, March 20, 2026



Sunrise, as seen from the Lodge, over the Nephin Beg Mountains. The two sources of the Owenduff River lie high up in this isolated mountain range...



## Location

Ballycroy is located on the Atlantic seaboard in Co. Mayo, one of the wildest areas in Western Europe. International access is possible through Dublin Airport. Further airports worth checking are: Belfast, Knock, and Shannon.



Keem Bay, on Achill Island. Achill, which lies directly opposite Ballycroy, and is connected to the mainland by a bridge, is a popular destination for arts & crafts, surfing, spectacular nature trails, and traditional Irish music.  
*"A week in West Mayo will forever change your view on life....."*