

SoberOasis Retreats

7-Night Retreat at PURE MAGIC ACHILL

Men's Emotional Sobriety Retreat for 10 Participants.

Dates: Monday 26/10/26 – Monday 02/11/26

Gather yourself • Reconnect Within • Cultivate Emotional Sobriety

Patrick Little at SoberOasis is once again hosting a seven-night residential retreat for a group of 10 men prepared to withdraw from distractions and delve within to identify and work through old reactive patterns that no longer serve our healing, growth, and joy. These will be replaced with new, life-affirming patterns.

This retreat will be held in Ireland, at Pure Magic Achill, a magnificent retreat resort set in the beautiful natural surroundings of Achill Island at the foot of Slieve Mór, just across the water from Ballycroy, the venue of our June 2026 retreat.

Here we can step away from everyday pressures, spend time in breathtakingly beautiful nature, build positive connections, work through old wounds, and focus on the cultivation of Mental Fitness, Wellbeing, and Emotional Sobriety.

The retreat provides a safe space, a comfortable base, group healing experience, wholesome meals, and time and space to develop practices that support the daily expansion and maintenance of Emotional Sobriety.

10-PERSON RETREAT PACKAGE

7 NIGHTS — 10 PEOPLE

This includes:

- 7 nights' accommodation, single rooms
 - 7 breakfasts, lunches, and dinners
 - Wholesome, delicious vegan, gluten-free meals
 - Two daily 120-minute sessions and one full day trip in the wild
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THE RETREAT EXPERIENCE

The seven-night stay gives the group time to settle into Achill, build connections and take part in a programme focused on inner work and what it means to be a “response-able” man in the 21st century.

The following elements will be combined to meet the needs of each individual:

Inner Work & Mutual Support

Morning meditation and workshop sessions which combine elements of Zen Buddhism, Twelve Step Recovery, Positive Intelligence (PQ), and Gestalt (specifically - chair work). In these sessions we will enter – as Joseph Campbell put it: “The cave that holds the treasures that we seek, the cave we fear to enter.”

Nature & Outdoor Experiences

Achill Island provides a unique natural environment for walking, hiking, coastal experiences and positive outdoor activities. The awe we experience in this wild landscape is an essential component of the work we will be doing.

Community & Connection

Shared meals and group activities create opportunities to strengthen relationships, encourage peer support and develop a sense of community.

Rest & Wellbeing

Participants have time to slow down, recharge and focus on positive wellbeing away from their normal environment. While digital detox for the entire week is recommended, connectivity is available for those who need to use it sporadically.

Total Cost

The package is designed for **10 participants staying for 7 nights**, based on private rooms.

Cost Breakdown

Package Element	Rate	10 People × 7 Nights/Days	Total
Bed & Breakfast	€100 per person/night		€700
Lunch	€20 per person/day		€140
Dinner	€35 per person/day		€245
TOTAL			€1085

Accommodation & Full Board Per Person €1085

Retreat Fee €715 Per Person

TOTAL PACKAGE PRICE: €1,800

PROGRAMME OUTLINE

Monday: DAY 1 — ARRIVAL (26 Oct.)

15.00: Arrival at Pure Magic Achill, settling in, hike (weather-permitting), welcome and evening meal. 19.00 – 21.00: Session 1 – What brought me here? What do I hope to gain here? What gifts have I brought for the group?

Tuesday: DAY 2 — EMOTIONAL SOBRIETY & INNER WORK

07.00 – 08.00 Meditation

08.30 – 09.30 Breakfast

10.00 – 12.00 Morning Session

12.00 – 13.00 Lunch

13.00 – 18.00 Outdoor Activities

18.00 – 19.00 Dinner

19.00 – 21.00 Evening Session

21.00 – 22.00 Review of Day 2

Wednesday: DAY 3 — WELLBEING & CONNECTION

Daily Structure # 3

Thursday: DAY 4 — ACHILL EXPERIENCE

Day Trip focused on exploring the beautiful island, may be re-scheduled in line with the weather.

Friday: DAY 5 — EXPERIENCE, REFLECTION & INNER WORK

Daily Structure #4

Saturday: DAY 6 — PERSONAL DEVELOPMENT & INNER WORK

Daily Structure #5

Sunday: DAY 7 — MOVING FORWARD, ESTABLISH DAILY PRACTICE

Daily Structure #6

Monday: DAY 8 — WRAP-UP, DEBRIEF, & DEPARTURE

07.00 – 08 00 Meditation

08.30 – 09.30 Breakfast

10.00 – 12 00 Morning Session

12.00 – 13.00 Lunch

Departure after lunch.

WHY SoberOasis?

Recovery, Mental Fitness, Emotional Sobriety, Men's Retreats

Patrick, a native Irishman currently living in Germany, lives in long-term recovery and – after several decades in leadership roles in the Corporate and SME environment - has spent the past twenty years undergoing training in a variety of modalities which are beneficial to recovery, healing and growth.

These feed into his own personal daily practice for maintaining Emotional Sobriety and now make up a powerful set of tools which he draws upon as a Mental Fitness Trainer & Transformation Coach. For more see:

<https://soberoasis.org/about/>

WHY PURE MAGIC ACHILL?

TIME TO RESET

The seven-day framework gives participants the opportunity to properly settle into the retreat environment and fully engage in the programme.

SMALL GROUP EXPERIENCE

With a group of 10 people, the retreat can provide a more personal and connected experience. 1-2-1- consultations with Patrick can be booked in the afternoons.

POSITIVE ACTIVITIES

The island offers opportunities for walking, hiking, outdoor recreation, nature and other healthy group experiences.

SHARED MEALS

Breakfast, lunch and dinner are included, providing regular opportunities for the group to come together.

SIMPLE, CLEAR PRICING

Breakfast, lunch and dinner (Vegan, Gluten-free, Organic) are included in the accommodation fee, payable directly to Pure Magic Achill. Deposit 20% payable by September 30, the remainder on site.

Book accommodation directly at: <https://puremagic.ie/achill-island-activities/wingfoiling/>

The Retreat Fee of €715 is payable directly to Patrick Little, SoberOasis, by October 31st, 2026.

Acc. Holder: Patrick Little. Bank: Sparkasse Magdeburg, Germany

IBAN: DE66 8105 3272 1505 1757 78

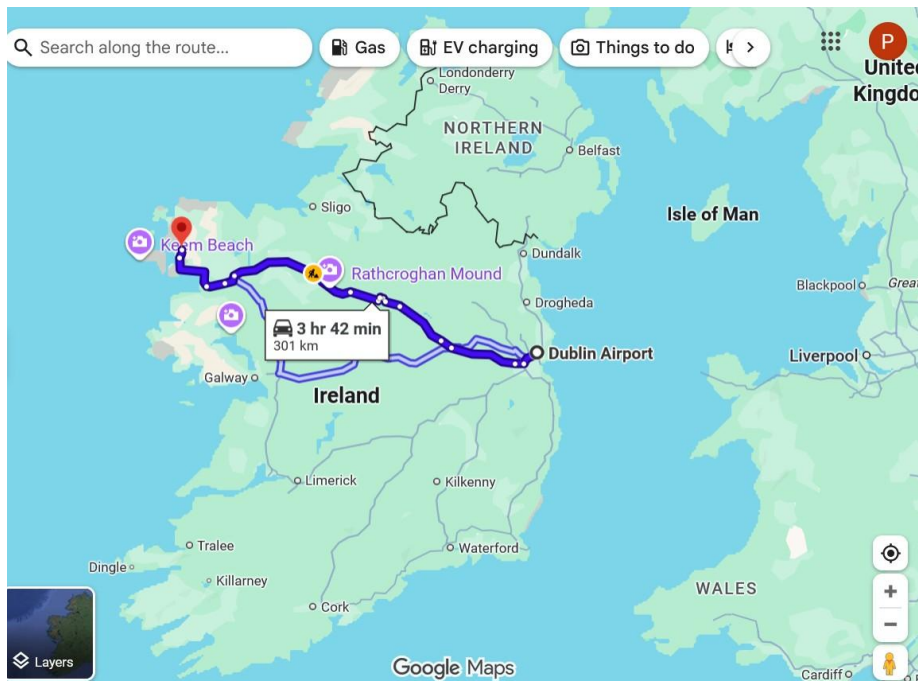
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Payment plan available, upon request. All queries should be sent by email to patrick@soberoasis.org

PURE MAGIC ACHILL; IN PICTURES



A place to step away.



Location



A place to reconnect.



A place to move forward.



A place to share & cultivate community



Payment Terms

7 Nights • 10 People • Full Board

Payment terms for Lodge: Private Booking to be made directly to Pure Magic Achill

*Deposit 20% payable by September 30th. Remainder on site at check out
Booking directly at: <https://puremagic.ie/achill-island-activities/wingfoiling/>*

Payment terms for SoberOasis

Deposit €315 payable by September 30. Remainder by October 31st. Payment plans available upon request.

More Info at: <https://soberoasis.org/>