



NAKED & UNASHAMED

"Gonna Go Deeper"

MEN'S RETREAT · 3-DAY ITINERARY

"Then the man and his wife were both naked, and they felt no shame." — Genesis 2:25

Date	Friday 20th – Sunday 22nd November 2026
Venue	Dunrinnin Group Accommodation, Enniskillen, Co. Fermanagh
Facilitator	Garreth Falls, Consultant Medical Herbalist, MNIMH
Cost	£200 per person
Deposit	£100 — Archegos Consulting · Sort Code: 608371 · Account: 82298157
Spaces	20 maximum · 12 minimum required to proceed

What This Is

Three days with a group of men who've agreed to be honest. Honest about what they carry. Honest about what they hide. Honest about who they actually are when no one's looking — or when everyone is.

The name comes from Genesis 2:25: *"Naked & Unashamed."* Not as a theology lecture. Not as a sexual idea. As a picture of what it looks like to be fully known and not shrink from it. That's the vision. That's what we're reaching for.

The weekend runs across three movements: **The Mask** (what we carry and hide), **The Story** (where it comes from and what it's cost us), and **Naked & Unashamed** (what freedom actually looks like for you, in your life, now). These aren't neat stages — they bleed into each other, especially around the campfire. That's fine. That's how it works.

You'll have time alone. You'll have time in the sauna. You'll have time in a room with other men saying true things. Some of it will be hard. Some of it will be funnier than you expected. All of it is yours to take or leave at the pace that's right for you.

Bring your whole self — faith, doubt, mess, question marks and all.

Code of Conduct

What this space is

- A place to be honest without consequence. What is said in the circle stays in the circle — full stop. That means names, stories, details. You carry what you hear as a privilege, not as information.
- A place where no man is required to share anything he isn't ready to share. Curiosity is welcome. Silence is welcome. You do not have to justify either.
- A place for brotherhood, not hierarchy. Garreth is the facilitator, not the authority. No man's experience outranks another's.

What this space is not

- A place for advice-giving, fixing, or coaching other men unless they specifically ask. When someone shares, the default response is to receive it, not to solve it.
- A place for sexual behaviour. That is not the intent of this space. That said, nudity exists and is actively encouraged. Being naked in the sauna is presumed. Erections happen — if it happens, it happens. No fear. No embarrassment.
- A place for debate, evangelism, or political argument. Faith questions are welcome; faith arguments are not.
- A place for recording. No phones, no cameras, no recording devices — full stop. One group photo may be taken on the final day only, with consent.

What's expected

- Arrive sober and stay present. Alcohol may be permitted depending on the group. Drunkenness is not.
- If you're struggling, say so — to Garreth, or to whoever you trust most in the group.
- If something crosses a line for you, name it directly and privately rather than sitting on it.
- Look after yourself. Sleep, eat, step outside if you need to.

What to Bring

Practical

- Clothing for three days, including warm layers.
- Walking/hiking footwear suitable for uneven terrain.
- Waterproof jacket.
- Towel and toiletries.
- Any medication you need — bring enough and keep it with you.
- Dietary requirements: please flag these to Garreth in advance.
- A journal or notebook if you want one (optional — not required).
- Cash or card for any personal incidental costs.
- Beds are available, but if you're uncomfortable sharing a bed, bring a sleeping bag. There are also sofas and seating areas for those who prefer their own space.
- If you play guitar — feel free to bring it.

For the sauna and hot tub

- A towel you're happy to sit on.

What not to bring

- Smartphone — or commit to leaving it switched off and in your bag for the weekend.
- Laptop.
- Anything you'd feel embarrassed to explain at breakfast.

Cancellation Policy

- **The £100 deposit is non-refundable.** It secures your place and covers costs committed on your behalf when you register.
- The remaining balance of **£100** is fully refundable provided written cancellation is received by Garreth at least **72 hours before the retreat begins** (i.e. before 6:00pm on Tuesday 18th November 2026).
- Cancellations received within 72 hours of the start time are not eligible for a refund of any amount.

- To cancel, contact Garreth directly at **nakedandunashamed@proton.me** — cancellations are only confirmed when acknowledged in writing.

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www.nakedandunashamed.uk · nakedandunashamed@proton.me