



ipse wilderness

Journey Inside, Outside

Therapeutic wilderness journeys

client feedback

“Julia just has something about her that allows you to feel open and safe; I fully trusted her throughout. Very special.”

“Julia has a really nurturing and supportive style of facilitation. Great ability to hold space and give gentle affirmations.”

“Brilliant. Led without ego, in a soft leadership style. Intuitive, caring, you knew when to push and when to let go.”

“Julia had organised everything brilliantly. She was an authentic, strong and loving leader which made me feel safe and allowed me to fully embrace the process.”

“Julia held the space wonderfully, always present for us and nurturing our needs.”

“It was a stunning walk and I absolutely loved how Julia based our inner journey on the outer landscape.”

“We were always offered time without judgement and our thoughts were always valued.”

“The activities were thought-provoking, and Julia facilitated a safe space to share, let go and be completely free.”

“I felt really safe and held by you and I felt able to trust you fully. So much gratitude to you for holding us intellectually, physically, emotionally and spiritually.”

“I felt safe, heard, understood and supported every step of the way by Julia and the other participants.”

“It was definitely an adventure I won't be forgetting anytime soon! I went home with a sense of invincibility, resilience and strength I didn't know I had and felt capable of taking on the world.”

“I would recommend Julia's wilderness therapy workshops to others and I really hope to be able to attend another one in the future.”

“One of the most important milestones in shaping my life's path to date. I have recommended ipse wilderness to all of my friends and family and would jump at the chance to do it again.”

“The ipse wilderness walk was an absolutely incredible experience. I loved every minute of it. It has honestly given me so much I will definitely be doing more ipse wilderness walks and would highly recommend it to anyone looking for a soul adventure.”