

Mad about the boys... Matt Johnson and Sean Fletcher head up stellar male line-up at The Big Retreat Wales 2020

Submitted by: The Big Retreat Wales

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As International Men's Day approaches (November 19th) The Big Retreat Wales is proud to announce a line-up of hugely inspiring male talent, including presenters and mental health campaigners Sean Fletcher and Matt Johnson, GBBO star Dan Beasley-Harding, The Breath Guy Richie Bostock, master of mindfulness Richie Norton, mindset coach The Naked Professor, celebrity photographer Dan Kennedy and the return of this summer's sensational doctor and stand-up star Dr Ahmed Kazmi.

The boutique Welsh wellbeing festival welcomes everyone interested in feeling good, including families, groups and solo travelers. Building on feedback from this year's retreaters, the 2020 event will see an increased focus on male role models and raising awareness of men's issues.

We'll be celebrating some of the men making a positive difference in the world as well as launching the first ever festival 'Men's Den' and taking advantage of the site's breathtaking nature to encourage the guys to spend some quality time with themselves, and each other, whether that's sweating, exploring, creating, talking, walking or cooking.

Guests can try their hand at bush craft, craft beer, boot camps and breath work (although hopefully not in that order) and fella-friendly sessions include:

- . TV presenter Matt Johnson co-hosting the Shelf Help Talk Tent with a focus on men's mental health and 'check-in' sessions
- . BBC presenter and Mental Health Mates ambassador Sean Fletcher leading a MHM walk around the stunning estuary
- . Breath work sessions designed to leave you on a natural high with Richie Bostock – aka The Breath Guy
- . Stand-up comedy sessions from Dr. Ahmed Kazmi
- . Baking and 'Domestic Goddess' tips for dads from Dan Beasley-Harding
- . Portrait pop-ups with celebrity photographer Dan Kennedy
- . Men's sharing circles with Ben Bidwell (aka The Naked Professor) and Matt Maisey, founder of Warrior Within retreats
- . Coaching and meditation with Danielle North, creator of the 'Wild Pause' nature retreats
- . Happy Hour at The Mindful Bar
- . Men's Yoga Sessions with Mahesh Hayward
- . Whisky Master Class for Men
- . Sketch book drawing with artist Lee John Phillips

Friend of the festival, Matt Johnson says about IMD: "For me, International Men's day 2019 should be celebrated more than ever before. We need to celebrate men. We need to champion positive role models, honour brotherhood and all take this opportunity to appreciate the wonderful things men bring to this world. At a time when suicide remains the biggest killer for young men, we need to pull together to show that or brothers, uncles, fathers, sons, husbands, partners, step fathers, and sons-in-law are not

alone.”

And Matt's Naked Professor podcast co-host Ben Bidwell, also returning to The Big Retreat for the second year running says: “The Big Retreat represents something very special. From my perspective, I can't wait to share some real and authentic conversations about the different facets of masculinity and mental health, but also hopefully get some downtime to hear some of the other brilliant speakers and musicians!”

*The Big Retreat Wales will take place on the stunning Old Castle Site in Lawrenny from 22nd-25th May 2020. with weekend adult passes starting from 159.00 and under-5s admitted free. Admission includes access to over 200 fitness and wellbeing sessions, workshops, talks and live performances. For tickets visit www.thebigretreatwales.co.uk