



CIRCLES OF STONE 2026

# WILDERNESS Fast

Time alone and fasting in the wilderness will change you.

**APPLY NOW HERE!**

Disconnect from the daily obligations and demands of life. Give yourself time to sink into the wilderness.

24 September - 4 October 2026

[info@circlesofstonequests.com](mailto:info@circlesofstonequests.com)  
[www.circlesofstonequests.com](http://www.circlesofstonequests.com)

# YOU ARE INVITED

If you feel the pull, a deep longing to spend time alone, to honour and acknowledge the things in your life that are calling for your attention – we invite you to join this Wilderness Fast. Let the magic of nature seduce and welcome you in its feisty and unexpected way. **Our time together will have three distinct stages:**

## SEVERANCE:

**1** For 3 days we actively engage in clarifying intentions, detaching from our usual daily lives and responsibilities. We prepare physically, emotionally and spiritually for the solo time. We do this in a group and individually, living in community and building the container that will hold you during the solo time.

## THRESHOLD:

**2** We travel to our wilderness base camp on the 4 th day and at sunrise the following morning each person steps out over the Threshold into Sacred Mountain Time, the solo fast time. 4 days and nights later, you return to Base Camp after sunrise and we break the fast.

## THE RETURN:

**3** The final 2 days are spent telling and listening deeply to the stories of the solo time so we can prepare to take what we have learnt and found into our lives, “so that our people may live”.

# WILDERNESS FAST FEES

Fees include comfortable shared accommodation, all meals prior to & after the solo fast time, as well as all facilitation and guiding support.

### South Africans:

R18 000 – R22 000

### International participants:

UK: £800–£950 | USA: \$1250

On acceptance of your application, we require a non-refundable deposit to secure your place of R4000 or £175 or \$235.



# FACILITATORS:

## Theresa Plewman and Kevin Rudham

**Theresa**, co-founder of Circles of Stone, is a psychotherapist, rite of passage and wilderness guide, gardener & wild swimmer and more! Guided by a deep ancestral calling to offer this work, Theresa's solid, containing presence and sense of humour unfold from her love of the natural world and the human psyche. She brings decades of experience of working both with individuals and groups.

**Kevin** is a wilderness guide, rite of passage facilitator, and co-founder of Circles of Stone and the Holding Space Project. With over two decades of experience in personal transformation and men's work, he brings deep presence, grounded leadership, and a commitment to inner growth through wilderness-based practice.

# PREPARATION

On receiving your application form - we will arrange a conversation with both of the facilitators to explore any questions and thoughts you and we might have.

We request a deposit to secure your place. Once that is received, we send a comprehensive Guide for Preparation giving essential information for preparing for the Wilderness Fast. The Guide contains a kit list and background to the rite of passage you are about to undertake.

**We request and strongly recommend that the decision to participate in a wilderness fast be taken as far in advance of the experience as possible - a year is ideal.**



