

# WILDMEN TRIBE

Connecting men to awaken their true self.



Transformational Weekender, Ibiza 2025

11 – 14 April	09 – 12 May
10 – 13 October	14 – 17 November



# WILDMEN TRIBE



**Welcome to a brotherhood based in Ibiza.  
Beyond your fear.**

We cannot achieve it alone. Mastery of the self relies upon support, challenges and feedback from other authentic individuals. Every great leader on this earth stands shoulder to shoulder with his trusted advisors.

*Brotherhood is the answer.*

## WEEKEND 1 APRIL 11 – 14

### AUTHENTIC MASCULINITY

Do the demands of life keep you from living in a way that is true to who you are? It can be challenging to find time for yourself, but if you work hard, you deserve some time out.

Join us for a long weekend in nature. Find the space and stillness you need to reflect, observe and contemplate.

## WEEKEND 2 MAY 9 – 12

### COME HOME TO YOURSELF

If the stress and pressures of life have left you feeling disconnected from your feelings and values, the journey of self-discovery will bring you back to yourself. On this weekend you will learn practices that support inner exploration.

Supporting you to find an inner sense of peace.



## WEEKEND 3 OCTOBER 10 – 13

### EXPLORING AUTHENTIC CONNECTION

If you're open to making new connections and exploring ways to improve your relationships, this weekend offers a range of workshops and experience that will inform you to take more responsibility when navigating boundaries, self-expression and communication.

## WEEKEND 4 NOVEMBER 14 – 17

### MOVING BEYOND LIMITATIONS

Our unconscious drives and impulses can govern our life if left to rule. During this weekend you will dive into your depths to uncover the roots of the issues that cause disruption in your life. Learn ways to overcome your limitations and move beyond past hurt.



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**Your purpose  
is greater than the fear  
that limits you**







# WHO IS THIS JOURNEY FOR?

👁 The Wildmen Tribe is for men who want to connect with other men and to speak about what really moves them in life. Many of them are in a transformational shift to some level, and looking for like minded men to share their thoughts and process.

👁 The Wildmen Tribe is for men who would like to slow down, relax, and become their true self.

👁 The Wildmen Tribe is for men who would like to get in touch with their feelings so they can relate and communicate better with others.

👁 The Wildmen Tribe is for men that are tired of old patterns in life, in search for the change to feel better.

👁 The Wildmen Tribe is for men who find it difficult to express themselves in relationships and would like to find better connection with others.

👁 The Wildmen Tribe is for men who experience suffering from the fast life and would like to slow down. Always busy with work, family or social life and never take the time for themselves.

👁 The Wildmen Tribe is for men to delve into deep conversations and work towards their goals.

👁 The Wildmen Tribe is for men who are easily distracted and want more focus.

👁 The Wildmen Tribe is for men who feel tired or stressed and would like to have more energy.



**Sometimes growth requires  
new mindsets, new habits, new  
people and new locations**



**WILDMEN TRIBE**





# ABOUT BAS

My name is **Bas Abels (50)**, happily married to Renu, and father of Skye (15) & Rumi Été (4).

I have always lived in Amsterdam before moving to Ibiza in 2012. As long as I remember I have been passionate about music, and since 1988 I have been a DJ.

A big change in my journey started in 2017 In Ibiza when I was stuck in life. I was not happy. In this time I almost separated from my wife and with that from my family. I realised something fundamental had to change.

Always working, and going from party to party, recovering during the week and

starting over in the weekend again with not much time for myself. In those days I went through a dark period, where I was tempted in making the wrong decisions. It was time to break this pattern and to find myself back.

I started with PRI (*Past Reality Integration*) over a 4 year period. Other workshops were the 100 Day Warrior from Atalwin Pillon, men gathering with the Māori and the Free Man Festival in the Netherlands.

With Tom van Huijstee I did a lot of breathwork sessions. Over the years I had some beautiful life changing experiences with plant medicines.

In summer 2022 I stopped drinking and my process came into an acceleration, I felt the need to slow down and to see what really makes me happy and what doesn't. Change started to happen for me when I stopped listening to the voice in my head (my ego), instead choosing to follow my heart. I became conscious of my actions as a person, a husband and a father, and gained more self love and confidence.

Along the way noticing that there was a need for men to come together, and that I was able to guide and support them. I started to organise men circles at my home, and hosting sacred mushroom ceremonies.



I have the desire to come together for personal transformation, and I decided that it is time for a 4 day retreat to connect, learn and support each other like a brotherhood.

During these 4 days I will inspire you to open up creating a safe space, and I will share all of my experiences with you to help live from love and not your ego.

The psychological defence mechanisms designed to protect us, that many of us carry with us, can separate us from our true being and distance us from our loved ones. This can create stress in life. Resulting in not living up to our full potential, or in other words, not living the life we really want to live, or being truly happy.

By hearing others going through the same thing in life and by sharing your story you can reflect, empathise, and can help each other in taking a next step in your process. This is the strong power of a Tribe!

These 4 days will be hosted in nature, awaken the wild man within you while sleeping in tents. Truly back to the basics. Disconnected from screens and your work desk to reconnect with yourself.

These days will bring you everything that I consider needed in being a balanced man; a carefully crafted program, a healthy diet, letting go what no longer serves and to open up and surrender to oneself and the group.

Together with some of Ibiza's best practitioners / facilitators I will guide you to go inwards; movement, sacred silence, gatherings, nature, sharing circles and therapeutical plant medicines are a part of the program.

Step into a journey of growth and transformation, open yourself up to a truly unique experience that has the potential to change the way you show up and look at the world!

After the teachings during the retreat, you will be able to implant the knowledge into your life to gain happiness with yourself and the people next to you.

We will will come together the first night around a bonfire, and the second night in a yurt.





# ABOUT MORRIS

My name is **Morris**, I am a Personal Development Mentor, Yoga Instructor, PGCE qualified educator. I am a guide on the journey of self-discovery and teach practices that help us navigate our depths.

For the past 8 years I have been navigating my own deep journey of personal transformation and self healing. In the past, I had battled and escaped from mental health issues and their root causes in lots of unhealthy ways, but now through dedicated practice and an exploration of alternative therapies, I have recovered a connection to my true-self from the dissociation of trauma and continue to find ways to master the mind.

Facing your shadows can be painful. I discovered a way to approach shadow work through the observation of the body and self reflection. During my time on the mountain in Ibiza, I committed time every day to these practises, allowing my inner wisdom to guide me through a realisation and healing process that has now allowed me to move beyond my repressed shame, depression, internalised anger and guilt. I have modified the unconscious behaviour that was toxic in my life. The result has been a dramatic improvement to my mental health, feeling more grounded, improved physical and emotional health, unlocking



my true gifts and potential, self-acceptance and self-love.

I see that we all possess unique qualities that set us apart from one another. By embracing a practice of self-observation and learning emotional processing skills, we can all reconnect with our inner being and learn to show up in the world in alignment with a deeper truth.

For the past 6 years, I have been developing The Monroe Method, which is a refined process of the practices that I have used for myself.

Everyday we are given a chance to make a difference. Whether that's within yourself or it is a change that can make a small difference in the world. The power is yours.



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No man is free  
who is not master  
of himself





# WILDMEN TRIBE



## An invitation to change your life

To start this process it takes courage, without courage we will never change. We must learn how to collect enough willpower to step into challenge and face our fears. Without it, transformation isn't possible. We'll be forever stuck in the same situations telling ourselves the same stories our entire lives.

# TRANSFORMATIONAL WILDMEN WEEKENDER

- 👁️ Do you want to become a better version of yourself?
  - 👁️ Do you want more direction in your life?
  - 👁️ Do you want a healthier lifestyle?
  - 👁️ Do you want to live more in the present?
  - 👁️ Do you want less stress?
- 👁️ Do you want to understand your partner better?



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Be brave. Let go....  
and you will find the  
power within





# RETREAT INCLUDES

4 DAYS,  
3 NIGHTS IN NATURE

Price € 2.000,-

## 👁 Preparation before the retreat

One-to-one preparation video call.  
Before the 4 day weekender I will contact each of you for a personal call in preparation for the retreat. I will advise you how to eat and what products not to consume 2 weeks before our first day. We will go sugar free, no coffee, no alcohol and on a healthy diet. This way our body will support us the best it can.

## 👁 During the retreat

- We will have our own private chef to prepare an abundance of vegetarian food
- 3 meals per day, plus unlimited teas and light snacks.
- Silent hike
- Yoga
- Trance-dance
- Daily men circle sharing
- Swim in the sea
- Several connecting workshops
- Practises in Yurt
- Transformational Breathwork
- Meditation
- Dance

## 👁 After the retreat

- After the retreat I am, as always, available for a good talk about life and to support you where needed.
- Whats-app group support

If you are still unsure if this retreat is for you then why not jump on a free discovery call. This call is free and will give you a greater sense of clarity.

**Do you have any questions about WILDMEN TRIBE, the retreat, the program, prices, or anything else that I could help with, feel free to reach out.**



## CONTACT

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# WILDMEN TRIBE

Ibiza

**Don't seek happiness elsewhere,  
create it yourself**

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**Bas Abels**