# Charlotte Church finds healing at The Dreaming retreat in Wales



Charlotte Church expressed a profound emotional connection to the land surrounding The Dreaming, the retreat centre she opened in 2023, located in the scenic Elan Valley of central Wales. As she arrived at the centre, she could not help but cry, stating, “I break down... every time I reach here. It’s the first thing I do when I set foot on this soil.” The Dreaming is approximately a two-hour drive from her home in Barry and is nestled within 50 acres, 33 of which are designated as Celtic rainforest.

During a visit in early January, Church, donning a flowy sky-blue dress and cowboy boots, referred to the landscape as “bloody lush”. The centre features a three-storey manor integrated into the valley, accompanied by moss-covered rocks and woodlands. Commencing the day with a guided tour through the nature-rich site, Church enthusiastically discussed the various workshops held there, including womb yoga, willow weaving, and night-sky gazing, as well as retreats focused on grief and diverse communities.

Reflecting on her journey, Church indicated that The Dreaming serves not only as a retreat for guests, but also as a sanctuary for herself. Following years of intense scrutiny from the press, she sought a space where she could cocoon and heal from the wounds inflicted by her experiences as a child star and tabloid subject. She said, “I was made such tabloid fodder... lots of people just saw me as a celebrity.” Church poignantly remarked on the misogyny and exploitation she faced while growing up in the public eye.

Initially visiting the property in November 2020, Church did not intend to purchase it—she was simply curious. Furthermore, she admitted the property was beyond her budget, priced at £1.5 million and requiring extensive renovations. However, she felt an undeniable connection, leading her to cancel other plans and ultimately invest in the land. “I had this vision of people full of wonder, play and joy,” Church recalled.

The Dreaming has become a place for personal and communal healing amid the beauty of nature. “I’ve taken a lot of financial risk,” she acknowledged, reflecting on the challenges and uncertainties of running the business while still facing personal struggles, including her father's terminal illness and the complexities of family life with her husband and children.

Church, who has long been an outspoken advocate for various social and political issues, now feels more empowered to express her views openly. She stated, “I’m less afraid of what people think about all that now,” stressing the importance of community in addressing societal issues.

In recent years, Church has made headlines for her vocal support of Palestinian rights, facing criticism and accusations of antisemitism. She remarked, “It’s unpleasant to weather those things... But what else is there?” Her activism is rooted in personal conviction and a desire to effect change.

The Dreaming represents a significant chapter in Church's life, one where she seeks to create a space of healing, connection, and creativity. Her plans for the future include music that reflects her new-found clarity and intention, with an album set for release in 2026, focusing on themes such as nature and sisterhood.

Throughout the extensive interview, Church's resilience and spirited outlook were evident as she discussed her journey from tabloid scrutiny to a life devoted to nurturing her community and fostering a deeper connection to the natural world. “I see people suffering... I want to do something about it,” she concluded, reflecting on her mission to share the beauty of The Dreaming with all.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://greeneconomy.wales/charlotte-churchs-the-dreaming-retreat-is-now-open-in-mid-wales/> - Supports the establishment of The Dreaming Retreat by Charlotte Church in Mid Wales, highlighting its unique offerings and connection to natural surroundings.
* <https://lux-life.digital/a-nourishing-gift-the-dreaming-retreat/> - Corroborates The Dreaming's focus on healing and self-discovery, emphasizing its inclusive and natural environment.
* <https://britishtraveljournal.com/the-dreaming-charlotte-churchs-welsh-countryside-retreat/> - Describes The Dreaming Retreat's activities and ambiance, including its location in the Elan Valley and the diverse experiences it offers.
* <https://www.thedreaming.co.uk/> - Provides direct access to The Dreaming Retreat's website, detailing its mission and offerings.
* <Unfortunately, this URL does not exist in the search results. Instead, a similar informational source could be used.> - A possible alternative source to understand Charlotte Church's recent interviews and projects.