



And suddenly you just know it's time to start something new and trust the magic of new beginnings.

Location:

Essence of Mulranny, Co Mayo:

<https://goo.gl/maps/USzMQAwwsCTposQ77>

### **Directions:**

#### **F28 K033.**

Drive to Castlebar take the R311 to Newport (not Westport).

You are heading to Achill Island. Mulranny is spelt several different ways, so don't let that confuse you, but keep the N59 to Mulranny:

- Drive through the village, past the hotel.
- Shortly after the Hotel, take the left turn by the church and head down the road to the beach.
- Heather Rise is the second house on the right. You will pass a stone by a closed gate that says EOM Studio - Use next gate.
- Turn into the next gate and head up the driveway. Plenty of parking.

Accommodation: The main house is adjacent to the home of Padraig, Cheryl and their dogs Inca and Finnegan (very friendly) They are custodians of the old Irish Goat Sanctuary and are very interesting people to talk to. We have our own private section of their house

Everyone has their own room with a mixture of single and double beds.

What you need to bring: Plenty of warm clothes, lots of layers, slippers and anything else that will make you feel comfortable.

Here is a checklist of some of the items you will need for the weekend:

What to bring:

- ∞ Water bottle

- ∞ Lots of layers 😊 Comfortable clothing, it's very relaxed where we are.
- ∞ Slippers or comfy socks
- ∞ Torch / high vis jacket
- ∞ Personal Journal (or I will have one for everyone)
- ∞ Item for the altar – something that represents what you are bringing to the group. It could be something fun, something calm or anything at all, let your intuition guide you
- ∞ For our ceremony on Saturday night, you are invited to wear something special – this could be a piece of clothing or a piece of jewellery.
- ∞ Optional – swimsuit if you wish to go for a sea dip.
- ∞ Good walking shoes
- ∞ Optional: Your own blanket if you wish (I will have some for everyone)
- ∞ An open heart and a willingness to surrender to the energy of the west, you never know where it will take you!

Food: Cheryl will be cooking for us our own healthy fare which is a mixture of meat and vegetarian options. I do not get a menu ahead of time but know that all food is made with love and care 😊 If you have any special dietary requirements, please let me know.

Schedule: Shared with you below.

We will mostly drive to the convent (3 minute drive) as the road does not have a footpath. High vis vests and / or a torch are recommended if you wish to walk.

Whats app group: I will add everyone to a whatsapp group a few days before the retreat starts. If you prefer not to be a part of this please let me know. The purpose of the group is to notify everyone of changes in the schedule, sharing of photos, and anything else relevant to the group and our experience over the weekend. Please note you can leave any time.

ea Dips

The beach is approximately 10 minutes' walk away and visible from the houses. It's a stony beach so you might need flip flops if you're planning on a dip. The tides are as follow:

	Low	High	Low	High
Thursday	3:10am	9:22am	3:45pm	9:51pm
Friday	4:16am	10:35am	4:46pm	11:10pm
Saturday	5:49am	12:18pm	6:27pm	12:50am
Sunday	7:31am	1:58pm	8:01pm	2:15am

Sunrise and Sunset

	Sunrise	Sunset
Thursday	6:31am	6:59pm
Friday	6:30am	7pm
Saturday	6:26am	7:02pm
Sunday	6:24am	7:05pm

This is a guideline of the weekend; however classes & times are subject to change as we flow with the guidance and energy of the land, the west and each other

## *Thursday*

"Going on retreat is a time to cocoon so that we may emerge ready to return to our lives with a new perspective."

Arrive, unpack & relax at your accommodation. Feel free to arrive anytime from 4pm, before which I will be busy prepping so if you arrive early, please have a coffee in the village. ☺ I will meet you upon arrival and show you to your accommodation. For those of you who are in the cottage (ie have a single room ensuite), this is a 3-minute walk away but please arrive at the main house and I will show you to the cottage.

My number is 086 682 4401 if you need me any time.

6pm – Dinner and welcome.

7:30pm – Opening session:

### *Letting go & arriving*

Meditation, connection & welcome at the convent (5 min walk)

Please bring your item for the altar with you.

9pm – herbal tea and chats by the fire or off to bed for an early night.



## *Friday*

*"I am a seeker and I still am, but I stopped asking the books and the stars .I started listening to the teaching of my soul" Rumi*

### *Stop - Release - Clear - Immerse*

8am – Start your day with Mindfulness: an optional session upstairs in the main house overlooking Clew Bay & Croke Patrick

8:30am – Breakfast at the main house - Muesli/Porridge and fruit, eggs. Continental & help yourself buffet

10:00am – Morning session at the convent (5 min walk)

Shedding the layers - Guided meditations, group connection, exercises and Labyrinth explanation with intention setting.

1pm – Lunch at the convent

2pm - Music for the soul 😊

### *Surrender your cares and tune into the rhythm of your soul with drumming.*

A 1-hour drumming workshop with Conan

After: Break for tea & coffee

4pm or after dinner:

### *Walking the sacred path of the Labyrinth.*

Meet at the main house.

*"The labyrinth is a symbol of Oneness, a symbol of the interconnectedness of all of existence, and as a symbol of you. It can be used as a healing tool,*

*and a safe space to explore your journey in life. The path of the labyrinth represents your soul's journey. In learning about the labyrinth, you are learning about yourself." Tony Christie*

6:30pm – Dinner at the main house

Evening: Time to reflect, journal, have solo time or chats around the fire.

*If you want to fly, you have to give up what weighs you  
down.*



## *Saturday*

*Let there be an opening into the quiet that lies beneath the chaos, where you find the peace you did not think possible and see what shimmers within the storm.*

### *Delve into the heart - create - celebrate*

7:45am – Meet at the main house & weather permitting we will begin Saturday with an optional silent walk of the labyrinth. Otherwise, there will be a mindfulness session in main house, upstairs

8:30am - Breakfast - Muesli/Porridge and fruit, eggs. Continental, help yourself buffet

10:00am – Morning session at the convent

Meditation, mindfulness & healing – life coaching

Soul reflections, life coaching and inner work: Delve deep into your soul and retrieve your deepest desire.

1pm – Lunch at the convent

2pm to 5pm – Afternoon session

### *Express your creativity with Cheryl*

A fun and creative workshop that will be the manifestation of your work from this morning.

6:30 to 7:30pm – Dinner at the main house

8pm – Meet at the convent for:

### *The Soul Seekers Ceremony!*



*"Ceremony brings the sacred into ordinary life" Sandra Ingerman*

By performing ceremonies, change happens. By bringing ceremony into our life we reconnect with the sacred: to life and to nature

This will be a celebration of life, releasing the old and stepping into what you dream of.

Please bring your offering with you to the ceremony

After: Cup of tea & chats by the fire or off to bed 😊



## *Sunday*

*"If you change the way you look at things, the things you look at change."*

Wayne Dyer

### *Integrate - Attune - Align*

Please note that due to daylight savings the clocks will go forward by 1 hour on Saturday evening, therefore the times below are the new times.

8:00am - new time (7am old) – Mindfulness session in main house overlooking Clew Bay and Croke Patrick (optional)

9:00am - Breakfast - Muesli/Porridge and fruit, eggs. Continental, help yourself buffet

10:00am - Morning session

### *Bringing it home*

– Group meditation and circle after the ceremony and dreamtime. A chance to reflect and journal.

Life Coaching: Taking it home – integrating all that the retreat has brought you into your life, your being and your soul.

Wrap up – closing sacred space and final reflections.

1pm – Lunch at the main house

2pm – You are free to leave before or after lunch, whichever you prefer!



May all that is unforgiven in you be released  
May your fears yield their deepest tranquilities

May all that is unlived in you

Blossom into a future

Graced with love.

John O'Donoghue