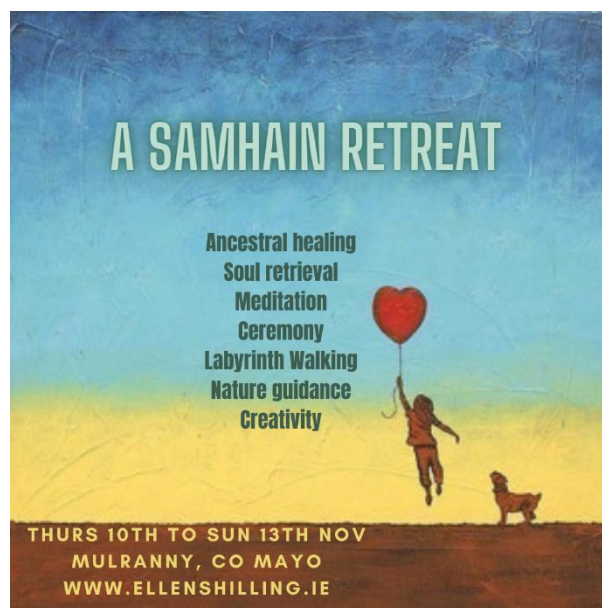


A Samhain Retreat

November 10th to 13th 2022



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

Accommodation Directions:

Eircode: 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 Indie and Finnegan (very friendly black labs) 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:

- ∞ Water bottle
- ∞ Lots of layers 😊 Comfortable clothing, it's very relaxed where we are. Dress for all weather!
- ∞ Slippers or comfy socks
- ∞ Torch / high vis jacket as there is a short walk between the venues.
- ∞ Optional – swimsuit if you wish to go for a sea dip.
- ∞ An open heart and a willingness to surrender to the energy of the west, you never know where it will take you!

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.

Sea 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.

	Low	High	Low	High
Thursday 10 th	00:02am	6:22am	12:25pm	6:37pm
Friday 11th	00:33am	6:55am	1:00pm	7:12pm
Saturday 12th	1:05am	7:29am	1:37pm	7:47pm
Sunday 13 th	1:38am	8:07am	2:18pm	8:26pm

Special request:

I ask that you bring:

1) A photo of an ancestor. Samhain is a time for us to honour our ancestors and so you are invited to bring a photo of one who you knew or you heard of, a distant relative or a close one, whichever you want.



2) We will create a group altar that will hold our intentions, healing and collective energy for the weekend. Altars represent a way to connect with your spirituality and can be found in many places including a Buddhist temple, a home, a garden, a yoga studio, and many other places. I love seeing how an altar unfolds and develops over a weekend and so I invite you to bring something for the altar – it could be something that represents you, something from your garden (a flower or herb), a crystal, or anything else that's portable and has meaning for you. Let your intuition guide you

3) Phones – In order to immerse yourself fully in this experience I recommend that your phone is turned off for the duration of the retreat. If needed you may give my contact number to anyone who might need to contact you – 086 682 4401. The work we will be doing will be deep and immersive and so to give yourself space to



integrate that, and to really connect to the beauty of the landscape I highly recommend that you do this.

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 if you haven't already

Workshop venue

Is a converted convent approximately 3 minutes' drive away. The morning workshops & creativity workshop will take place here. The road does not have a footpath. High vis vests and a torch are recommended if you wish to walk (daytime only)

Schedule: 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 Heather Rise and I will show you to the cottage.

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

6:30pm – Welcome & dinner at Heather Rise.

8pm – Opening ceremony:

Arriving, connection & beginning

Opening connection, welcome & fire ceremony at Heather Rise

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



"If every day is an awakening, you will never grow old. You will just keep growing." Gail Sheehy.

Friday

8am – Start your day with Mindfulness: an optional session upstairs at Heather Rise overlooking Clew Bay & Croke Patrick

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

There is time for a walk to the beach or a sea dip before or after breakfast.

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

Please bring your photo of your ancestor and your item for the altar with you.

Gather - Celtic Wheel - Samhain - Ancestral healing

Guided meditations, Samhain reflections, altar creation, group connection, exercises and Ancestral healing ceremony "Step Back".

Ancestral healing is especially important because we not only experience personal lived trauma but the trauma held within our families. What makes ancestral healing so important is that it is centered around your experience and lineage that is uniquely you. Looking at your individual generational trauma, you are able to release and find acceptance of family wounds that occurred in someone else's life that has shaped the energy and beliefs of your lineage.

1pm – Lunch at the convent

Afternoon Session:

Space - Integrate - Rest - Self care.

Group circle / journalling

A short field trip down the Curraun to a special beach by a fault that emerges from the sea with the most beautiful stones, to scavenge for a stone for Cheryl 😊

Time to yourself – go for a walk, sit with a cup of tea and journal or have a nap - this time is for you.

6:30pm – Dinner at Heather Rise

8pm (approx.)

Walking the sacred path of the Labyrinth under the light of the full moon

Meet at Heather Rise, please wear comfortable and sturdy walking shoes.

Labyrinth explanation, how to walk it and intention setting.

"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

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



"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

Saturday

7:45am – weather permitting we will begin Saturday with an optional silent walk of the labyrinth (meet at entrance.)

Otherwise, there will be a mindfulness session at Heather Rise, upstairs

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

There is time for a walk to the beach or a sea dip before or after breakfast.

10:00am – Morning workshop at the convent

Soul retrieval

Soul retrieval is for everyone who wants to deepen his or her connection to self, to loved ones, to the earth and to life. Sandra Ingerman

Soul retrieval explanation, causes, effects and guided meditations & practices

1pm – Lunch at the convent

Afternoon session

Express your creativity with Cheryl

A fun and creative workshop that will be the manifestation of your work from this morning. In the studio we will wrap the stone from yesterday in a netting technique with wire and embellish with beads. Bringing the symbolism of ancient to present.

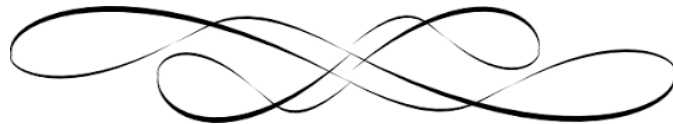
6:30pm – Dinner at Heather Rise

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

Samhain Ceremony at Heather Rise

*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.*

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



Sunday

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

Wayne Dyer

Integrate - Attune - Align

8am – Start your day with Mindfulness: an optional session upstairs at Heather Rise overlooking Clew Bay & Croke Patrick

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

There is time for a walk to the beach or a sea dip before or after breakfast.

10:00am - Morning session

Taking it home

Group meditation and circle

Healing meditation to integrate

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

Wheel of life

Wrap up – closing sacred ceremony and final reflections.

1pm – Lunch at the main house

You are free to leave before or after lunch, walk the labyrinth again or sat a while – whatever you wish!

