

EXPERIENTIAL | MEDITATIVE RETREAT | IRELAND - 2024

WITH GISELE THERIAULT FROM MINDFUL NECESSITIES

MAY 12 - 18



One of the best ways to step more deeply into our lives is to step out of our lives as we know them. Retreats and pilgrimages offer a different lens to the same eyes, allowing us to reconnect with our wonder and spirit. Adding purpose and a deeper meaning to personal travel has been a passion of mine for over a decade. Once again, I'm very excited to invite you along.

Join me to explore some of my favorite mystical places and friends in Ireland where we will learn to deepen our practice of connection, compassion and gratitude while replenishing our well.

ACCOMMODATIONS

We will be staying in a beautiful private home in New Quay, one of my favourite areas in the Burren, where we can be under one roof. T'is the home of the Flaggy Shore where the views are exquisite and the air nourishing. The retreat in this home has space for ten people.

Our peaceful meditation room is on the second floor with windows overlooking the sea. All the rooms are generous in size and the possibility to roam the quiet roads in nature are always present. There is a washing machine for laundry, linens and towels will be provided for your convenience.



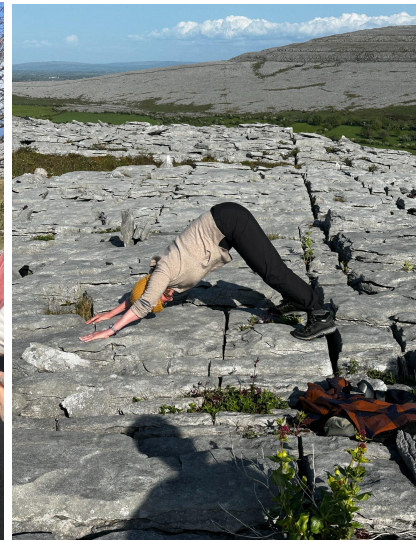
ACTIVITIES

We will have a group meditation every morning and a theme/intention will be set to begin each day. Our mornings will begin with a soft group meditation taking some time to set intentions and welcome the day. This is where we will begin to weave the

theme for the day's adventures into our spirit. The evenings close with a meditation with crystal singing bowls to relax us into deep rest.



Our outings may include: walking the spectacular Cliffs of Moher, the bed of St. Colman, and the holy well of St. Brigit with folklorist Jack Harrison or a day of forest bathing at Coole Park with Eilis Haden-Storrie.



All yoga with Helga and Jack will be accessible for everyone, as will the Qigong with me. The focus is restorative and to connect us to our breath at its best.



A day will be dedicated to creating and carving your own piece of reflective jewelry with me, Gisele at the amazing Burren College of Art.



The goal is to return you home restored, refreshed and fully inspired.

COST

Total cost for the retreat is:

May 12- 18, 2024 - €2000.

Rooms are priced at double occupancy but there may be the possibility of a single room for a supplement of €625. Be sure to let me know.

(Fees are in the currency of the retreat and converted to CAD, where Mindful Necessities operates)

PAYMENT SCHEDULE

€250. once application is accepted:

Payment for the balance can be broken down as desired with the final payment 60 days before retreat starts.

Payment can be made by Visa, Mastercard, or e-transfers if you are in Canada.

PRICE INCLUDES

Accommodations

Organic (as much as possible) breakfasts and lunch or dinner each day.

All transportation in Ireland during the trip . With the exception of the ferry and bike rentals, should we go to one of the Aran Islands. (the ferry is 40.pp and bikes 20. E-bikes 40.)

Included are all meditations, talks, Qigong with me, yoga with Helga at the Burren Wellness Centre, Jack Harrison of Celtic Yoga, and outings with author Eilis Hadden- Storrie. We will enjoy teachings and outings to sacred sites with myself and Jack or Eilis, a workshop at the Burren College of Art with me. Karen, who catered for us this year and blew our socks off every meal, has agreed to host a special meal at the house, where we can share with local friends and invite a little music.

NOT INCLUDED

Airfare - you are expected to make your own arrangements. Return travel to the airport. Depending on how many are traveling in the same direction, the cost of taxis can be shared. The occasional lunch or dinner, depending upon the day's activities.



CANCELLATION POLICY

After you are accepted on the trip, if you should need to withdraw your application 60 days before the retreat begins 10% of the trip cost is kept for administration (€200.) If you withdraw within 30 days of the retreat, any refund will depend upon whether we are able to find someone else to fill your place.



WHAT TO BRING

Your selection of clothing for the trip should be based on comfort and preparation for changeable weather, from 25°C and humid to chilly 10° C and wet (with the later being most likely). There is a washing machine available in the house for laundry. Plan your clothing around the principle of layering (lightweight cottons, shirt, sweater or warm vest, rainproof windbreaker and pants) so you can easily adjust for comfort. Lightweight hiking boots with ankle support are required, though running or walking shoes are sufficient for some of the shorter, low-land walks. Here is a good basic list:

- day pack
- outdoor pants
- socks
- shorts (if you like them)
- walking or running shoes
- lightweight hiking boots
- outdoor shirts
- warm (wool) long sleeved sweater
- rain-proof windbreaker
- rain-proof pants (optional)
- warm hat
- sun hat, sunglasses, swim suit and sunscreen (in the spirit of optimism)
- toiletries and personal first aid items
- camera, journal, etc. (optional of course)

CURRENCY AND SPENDING MONEY

You are advised to bring at least €30 per day for a meal, drinks, etc. - more if you wish to buy local crafts and woolens. The currency in Ireland is the euro. There are a few ATM machines where we will go. Credit cards are accepted in most places.

TRIP CANCELLATION INSURANCE

I highly advise that you cover yourself with trip cancellation and medical insurance. This insurance is often available through your credit card provider or a travel agency you may book your flight with.

ARRIVAL

We will be one hour from the Shannon airport by car and 3 hours from Dublin. If you are arriving in Dublin it's best to travel the day before the retreat begins, contact me for arrangements. There are buses into Ballyvaughan.

DEPARTURE

As the nearest airport is an hour away please schedule your departure flights not earlier than 8:30am to accommodate travel time and adequate time for airport check in and security.

PASSPORT

You must have a valid passport to travel. Please ensure that it does not expire within six months of returning home.

Please notify us soon as you know you're interested as space is so limited.



Stay blessed, always

Gisele

MINDFUL NECESSITIES