



Seasonal Retreats

Invitation to retreat and renew

Do you long to pause from the busyness of life?

Would you love to find more meaning in life?

Are you longing for a way to rest and rediscover your creative self?

Would a time for stillness and self-reflection appeal?

Journey through the seasons with a group of like-minded people

These four seasonal retreats will offer the opportunity to renew your life energy in an environment of quiet and beauty. Each retreat will open up a space for you to come home to who you are. Rooted in the seasonal theme each gathering will embrace reflection through poetry, philosophy, music and art and offer opportunities to delve deep and connect to one's own heart's longing. Periods of mindfulness will allow time to imagine and create an abundant future for yourself and the world.

Give yourself the gift of time and space

Spring Retreat: Saturday Feb. 23rd 2013

Summer Retreat: Saturday May 10th 2013

Autumn Retreat: Saturday Sept. 14th and Sunday 15th 2013

Winter Retreat: Saturday Nov. 30th 2013

Venue: **The Shanty, Glenaraneen, Brittas, Co. Dublin.**

Discover what you want to choose for the next phase of your life journey

Facilitators :

Ann Louise Gilligan Ph.D. Co-Director of the Centre for Progressive Change.
www.progressivechange.ie

Anne F O'Reilly Ph.D founder of **Blue Horse Musings**, exploring the language of the heart through poetry, creative writing and spiritual inquiry www.bluehorsemusings.com

Cost: € 400.00 - fee includes morning coffee, lunch and afternoon tea.

All applicants must commit to the four retreats. Numbers limited to 10 people;

A non-refundable deposit of €100 to accompany booking and full fee payable before commencement of the Spring retreat.

All applications must be in by Feb. 15th 2013. Download Application form from websites (above)

Enquiries to: algilligan@progressivechange.ie or anneforeilly@gmail.com