

Sample Programme – therapist retreat
at Airmid House



Day 1

Arrival - refreshments (teas, coffee and homemade cake)

4pm – 5pm – opening circle and intention setting

5pm – 7pm – self-nourishment time

7pm – dinner

8.30pm – 9.30pm – meditation

Day 2

7am-9am – breakfast available

8am – 8.30am – meditation

9.30am – 1pm – Trip to Gortin Forest/Lakes (weather dependent – forest bathing, walk, wild swim)

1pm-2pm – lunch

2pm – 5.30pm – onsite treatments with local complementary therapist / walk with Helen and Peggy the dog / self-nourishment time

7pm – dinner

8.30pm – 9.30pm – meditation

Day 3

7am-9am – breakfast available

8am – 8.30am – meditation

10am – 12.30pm – onsite treatments with local complementary therapist / walk with Helen and Peggy the dog / self-nourishment time

1pm-2pm – lunch

3pm – 3.30pm – closing circle

Depart

Complementary therapists can offer reiki, reflexology, massage, Ayurvedic lifestyle consultations and more.