

SEPTEMBER 12TH - 17TH 2021

JOIN US IN CREACON

For a Deep Yoga Journey and Intuitive Awakening Retreat



Wellness Retreat

TREATMENTS · CLASSES · ACCOMMODATION

Join Founder of Minding Me Wellness, Celine Doyle and Multi Award-Winning Intuitive Specialist, Sinéad de hÓra for a break away in the stunning Creacon Wellness Retreat to reconnect with your heart centre.

When we align with the energy of our heart we activate the connection with our passion and purpose. This energy releases limiting beliefs, awakens self-awareness, and inner confidence. When you pause and make time for yourself, you learn how to distinguish between the voice of your mind and the voice of your intuition.

Inner joy and inner peace is always there. Let's tap into it and expand this energy so that you can continue to live in this natural state of awareness.

www.sineaddehora.com | www.mindingmewellness.com

WHAT YOU NEED TO KNOW:

12 - 17 SEPTEMBER 2021

**CREACON LODGE,
WEXFORD, IRELAND**

**SHARED ROOM €1,300
OR
PRIVATE ROOM €1,420**

**ALL MEALS INCLUDED
& SO MUCH MORE...**

Where?



We are so excited to announce that we are hosting our retreat in the incredibly beautiful Creacon Wellness located in Co. Wexford.

Nestled in the majestic green hills of the Irish countryside. Creacon Wellness Retreat Centre is the ideal destination for retreat, relaxation and rejuvenation.

Creacon has stunning private and shared accommodation depending on your preference.

Their holistic approach to wellness extends to the kitchen where their philosophy is 'Food Is Medicine', using only quality ingredients that are chosen for their seasonal & environmental appropriateness – many of which are grown in their own gardens.

What to expect:

- Welcome circle, a chance for us all to arrive and settle in this beautiful space we are to call home for 5 nights
- Yoga classes each day
- Group Intuitive Guidance and energy healing
- Wholesome, home cooked vegan/ vegetarian food (3 meals a day).
- Group Meditations /Cacao Ceremonies
- Group sound healing session
- Guided Nature Therapy walks
- 1:1 Intuitive Healing with Sinéad de hÓra or Energy Healing with Celine Doyle (available on request for an additional fee with exclusive offer for this retreat)
- A day of exploring to surrounding areas
- Closing ceremony
- Meeting and spending time with like minded souls
- And, plenty of surprises along the way...





Celine Doyle



"I have had the most amazing experience while attending Minding Me retreats and yoga with Celine this year. Celine is incredibly skilled at providing a safe space to explore, reflect and envision a positive future through Kundalini yoga, meditation and life coaching. To say my life has been transformed by attending the retreats and yoga classes is an understatement. I am forever grateful to you Celine".

Emma

Celine Doyle is a yoga & meditation teacher, energy healer, life coach and ceremonial cacao facilitator. She has trained in various styles of yoga including kundalini, yin and radiant body (combining vinyasana & ashtanga). She is so passionate about sharing all the tools that have impacted her life and her heart with those around her. She also hosts and collaborates on heart led workshops and retreats. She is a mother to 3 young boys and spent almost 15 years working in Corporate HR before taking the plunge to follow her souls calling. She is a strong advocate of life long learning and has also embarked on the Menstrual Leadership Programme (MLP) with the Red School in 2021 to deepen awareness of our cyclical nature as women through all stages of our lives.

She has very gentle style of teaching and her deep wisdom for supporting healing and transformation is woven into all her classes and sessions. Celine's natural gift is to support and guide her students into their own body, to feel their experience, to release what no longer serves them and to truly feel the essence of who you are.



MORE ABOUT CELINE'S STYLE OF YOGA

*"I had been practicing yoga for over 20 years before discovering kundalini yoga, I was so mesmerized by it and had such a deep experience during a class that I ultimately decided to train as a teacher. Kundalini Yoga is such a special and unique style of yoga that is designed to move and shift any stagnant energy that is stored in your body in the form of old thought patterns, emotions and ways of being that no longer serve you. It is called the "mother of all yoga" as it works so fast. I went on to train in Radiant Body Yoga and Yin Yoga and will dip into different styles during our blissful retreat. The purpose of all yoga is to shift and move energy within the body to help you to drop easier into a meditation state. I will be guiding you through many styles of meditation including, breath, mantra, visualization and deep silent relaxations. I always create a space where every one feels empowered to do as much or as little as they wish during the class, Each class will work on a different aspect of your being, just come with an open and mind and up for an experience! I can't wait to share these beautiful and ancient practices with you." **Celine***



Sinéad de hÓra

"Sinéad might just be the best energy therapist I have ever worked with. she tailors every treatment to the individual after a short consultation, and i genuinely feel incredible. she worked on my heart, solar plexus and root chakra and threw in a bit of massage too to get blocked energy flowing again. My breathing has instantly improved and the tension I held in my stomach, chest and back has completely calmed down. if you can do one thing for yourself this year, do this."

- Danielle,

Sinéad is a multi award-winning Intuitive healer, author, and creator of Droplets Podcast. She uses her gift to understand how you are feeling on an emotional and physical level. She is an Empath that will feel every symptom that you are feeling of any blockages in your wellbeing and will use her gift to focus on the cause and guide you to understand where your blockages stem from.

With Alternative Therapy, Energy Reading, Energy Healing, and a variety of highly specialized massage techniques, Sinéad will support you in overcoming any limiting beliefs and difficult emotions. She will guide you when releasing suppressed emotion that is connected to your physical wellbeing and every moment with Sinéad will aim to improve your overall vitality and health on a spiritual, emotional, and physical level.

Clarity of mind, peace in heart, and a new sense of love for life are a few common results that her clients feel the most after working with Sinéad



Sinéad will tailor each treatment around your emotional and physical needs. **Exclusive** to this retreat, Sinéad is offering her intuitive healing at a lower rate for:

90 minutes normally €195, NOW €120

60 minutes normally €135, NOW €90

Please book in advance by emailing
pa@sineaddehora.com

1:1 intuitive healing

what's involved?

- Energy Reading
- Reflexology
- Deep Tissue massage
- Aromatherapy Massage
- Swedish Massage
- Lomi Lomi Massage
- Balinese Massage
- Ancestral Healing
- Oracle card reading
- Pre-post natal massage
- Lymphatic Drainage
- Mindfulness
- Meditation
- Visualisation
- CBT
- EFT
- Chakra clearing and realignment
- Intuitive Guidance and much more...

Accommodation and Food

Accommodation for this retreat are beautiful twin rooms or private rooms with ensuite bathrooms.

The retreat is limited to a limited number guests to keep things intimate for us and there are enough private rooms for everyone if you wish to have your own space. If you are coming with a friend or prefer to share simply let us know so we can arrange this for you.

Retreat prices include three incredibly delicious, nourishing, meals per day. Creacon's philosophy of 'Food Is Medicine' combines Eastern traditions, with their vast knowledge of the healing properties of food, with the art of creating, delicious hearty meals. It is mainly vegetarian with some chicken or fish dishes. Any dietary intolerance will of course be catered for!



FULL PRICE:

€1,300 shared accommodation or €1,420 private accommodation
(excluding transfer costs)
Secure with deposit of €325
Remainder to be paid €975 by 1/08/2021

PAYMENT PLAN AVAILABLE:

4 payments of €325
Final payment to be paid by 1/08/2021

PAYMENTS MADE DIRECTLY TO: <https://www.sineaddehora.com/shop/portugal-paymentplan>

WE CANNOT WAIT TO WELCOME YOU !