



# **22 – 24 MARCH 2024**

## **EVERYDAY SOLACE: NOURISHMENT, CONNECTION & COMMUNITY IN RESTLESS TIMES**

### **Rejuvenating Spring Break**

Join us for a weekend at Slí an Chroí, in a beautiful setting in Kiltegan, Co Wicklow. These days are about finding solace and support in our daily lives, especially during challenging times. Throughout the weekend, you'll engage in activities that promote self-care, self-awareness and personal growth. From interactive sessions to clearness committees and from opportunities for being in nature to creativity, we'll explore different ways to find solace in our everyday lives.



**Make space and time  
to hear your inner  
wisdom...**

**with support from a  
trustworthy  
community...**

**in a place of beauty,  
comfort  
and kindness ...**

**with a warm  
welcome for you!**

**BARBARA REID &  
PATRICIA HALLAHAN**

**087 6615 729  
NEALTRU@GMAIL.COM**

**More information  
& booking click / see**

**[HTTPS://EVERYDAYSOLACE  
RETREAT.EVENTBRITE.IE/](https://everydaysolaceretreat.eventbrite.ie/)**