

Healing Journeys – A Pathway to Balance Residential Retreat in the Burren Co Clare Friday 25th – Sunday 27th April 2014



Transforming Ancestral & Cellular Memory Retreat including Visits to Sacred Sites with Mary O'Halloran

Using a combination of therapies, techniques and years of practical experience – Mary tunes in to what's not being acknowledged and facilitates deep subconscious patterns and ancestral memory to the Light of Awareness to be transformed. Transforming Cellular & Ancestral Memory is a safe and gentle way of releasing 'Life experiences' that are held as energetic imprints in our energy field or physical body so that they no longer affect our health and wellbeing on any level... Over the weekend learn to:

- *De-stress your body at a Cellular, Physical, Mental and Emotional level*
- *Transmute discordant Ancestral energies that no longer serve you*
- *Clear blockages, tension and Stress and experience deep Relaxation and Balance*
- *Realign with Your Higher Self & raise your Vibrational Frequency*
- *Experience Deep Meditation & Increased Vitality*
- *Learn how to anchor Light in both the Physical and Subtle Bodies*
- *Visits to Sacred Sites*

Are you ready to commit to your own transformation? This workshop is to support people to make positive changes in their life on all levels

Arrival from 4pm Friday, evening meal at 6pm. Fri workshop 7-10pm, Sat 9.30 – 5.30pm, Sun 9-4pm. Investment: Residential p.p. sharing €295 for 2 night stay inc breakfasts, lunches & evening meals. Single room €15 p. night extra. Day option also available – Fri €25/Sat €80/sun €70/lunches €15 extra p. day. To secure a place, please send on €50 deposit to Mary. Further details contact Mary O'Halloran on (087) 2830950 or maryohalloran@hotmail.com. To check out our beautiful residential venue see www.theredgates.com