



# The Red Gates

## Burren Outdoor Retreat Celebrating The Spectacular Burren Region

Friday 5<sup>th</sup> to Sunday 7<sup>th</sup> May 2017

Venue: The Red Gates, Corofin, Co. Clare

Come and **GATHER** on this fully guided journey through the Burren with its limestone pavements, rare flora and ancient sacred sites.

Let the silence and beauty of this unique landscape unfold its mysteries and renew you in body and soul.

Facilitated by: Mary Lillis RSM & Noirin Long RSM

### 2 Options available:

**Option 1: Full board residential** Total cost €175 per person sharing (limited single rooms available)

**Option 2: Non-residential** to include Friday evening (Introduction only), Saturday & Sunday all meals included. Total cost €85 per person (limited places)

Friday: arrival (residential) 4pm onwards, evening meal 6pm

Introduction to the weekend 7.30-8.30pm (non-residential to attend)

Saturday: Breakfast 8.30am. 9.30am Non-residential arrive

9.45-10.15am Meditation. 10.30am start of journey into the Burren packed lunches included. On return enjoy tea/scones and relax. Evening Meal 6-7.30pm followed by Integration 7.30-8.30pm

Sunday: Breakfast 8.30am. 9.30am Non-residential arrive.

9.45-10.15am Meditation followed by Mass in a chosen location. Then approx 2 hours in the Burren. Return for Buffet Lunch followed by Integration. Finishing approx 4pm.

Des@ THE RED GATES RESERVATIONS 065 6827749 or 0851614951

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