

'Bluebell Retreat...'



Saturday 21st May 10-4pm, Slieve Gullion Courtyard

Throughout the day, Ann will share the many benefits of mindfulness meditation to holistic health and well-being

- 10.00 -10.30 am** Welcome and introduction to the day. You will begin your day with a mindful eating and drinking practice using *uplifting* wild berry tea & blueberry & white chocolate scones
- 10.30 - 10.45am** Ann will provide some background on the practice of mindfulness meditation; the relationship between meditation and stress management; and scientific evidence to support the practice
- 10.45 -11. 05am** 'Just being' meditation - you will learn how to anchor yourself in the present moment using your breath, your body and your senses
- 11.05 - 11.15am** Comfort break
- 11.15 – 11.30am** Gratitude meditation - One of the most powerful things you can begin to do when you develop a meditation practice is to cultivate gratitude
- 11.30 -11.45 am** Visualisation – practicing how to detach from your thoughts

- 11.45 - 12.30** Music meditation – enjoy a deeply relaxing meditative state while nurturing creativity and the things you love
- 12.30 - 1pm** Reflective practice – this will allow you the space for quiet reflection within the garden and pond area
- 1.00 -2.00pm** A mindful lunch – you will develop your skills in mindfulness through the contemplative sensory experience of eating
- 2 course lunch - Mediterranean ciabatta with rainbow salad & cleansing beetroot salad followed by rhubarb crumble & vanilla custard with calming mint tea
- 2.00 - 3.00pm** A guided walk where you can explore the magic of the forest. Connect with the healing energy of nature while deepening your awareness of living life in the present moment.
- 3.00 – 3.40pm** ‘The sound of silence’ – exploring how to nurture your meditation practice in a world full of noise
- 3.40- 4.00pm** Body scan - this relaxation exercise will be the perfect way to gently finish your day, bringing the benefits of meditation with you on your journey home and into your life.....

Payment

The cost for the retreat is £65. You can pay by BACS - my sort code: 981140 and account no: 14408886 (please put your name in the description so I know who the payment is from!) or you can pay by cheque made payable to Xhale and send to Ann Ward, 37, ST. Moninna Park, Meigh BT35 8SL

What to bring?

All you really need is your breath! Wear loose, warm and comfy clothing and walking shoes/boots.

Bring a waterproof coat, a fleece, hat and gloves (hopefully you won't need these!!!), a pillow, mat and blanket for your comfort for the body scan.

Directions

Hawthorn Suite, Slieve Gullion, 89 Drumintee Road, Killeavy, Newry BT35 8SW

Coming from Dublin or Belfast, just outside Newry, leave the motorway when you see the sign for **Forkhill** – at the roundabout you will see the sign for Slieve Gullion Forest Park. Follow this and you will pass through the villages of Cloughoge and then Meigh. Approx. 1 mile outside Meigh as you approach a bend in the road, you will see the sign for Slieve Gullion Forest Park, slow down and indicate right. Drive up into the forest park and past the buildings on your left until you come to a large carpark. The pond and garden will be on your left – the Hawthorn suite is on your right in the building in front of the pond.



Please contact me if there is anything else I can assist you with to make your retreat more enjoyable.

Many thanks, Ann

Ann Ward, Xhale ann@xhale.biz 07816835147

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