

Transformation Through Sound Voice & Movement

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# SUMMER RETREAT

24<sup>TH</sup> – 26<sup>TH</sup> JULY 26



Connect & restore through Sound, movement, breath and yoga.

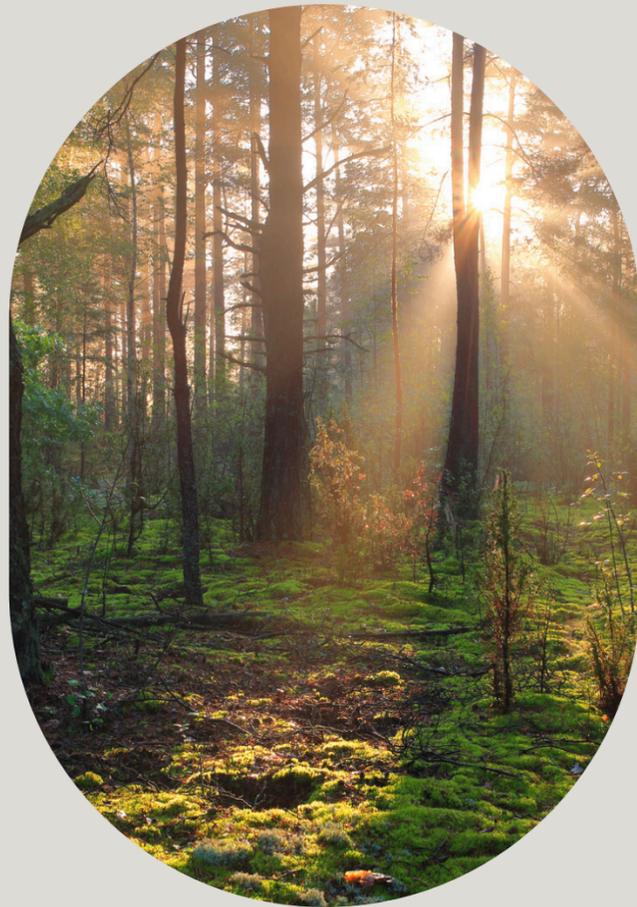
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# Our Invitation

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If you feel like some time away from the noise of daily life.

Come join Myself, Judyth and Jenni at a lovely tranquil location.  
You will be supported by daily movement, voice and sound practises.  
Expect- yoga, meditation, cacao ceremony, sound healing, singing, dancing,  
walking, chats, wholesome healthy food and most importantly  
lots of fun.



## LOCATION

# Offerings

Yoga

Breathwork

Movement

Sounding

Dancing

Music

Walks/ free time

Laughter

Fun & chats



# FACILITATORS

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**Martina Flaherty**

*I am a Singer/Songwriter, professional Voice Coach, Music Tutor and Certified Sound & Voice Therapist ...*

*Core Singing, Speech Level Singing, Healing Voice, Voice Gym, Modern Vocal Technique, Core Singing, Frequency Therapy, Biofield Tuning, Fitzmaurice Voice-work, Somatic Voice & Trauma Therapy, Note from Heaven and Cell Regeneration Singing.*



**Jenni Mcginley**

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**Judyth Satyn**

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# Daily Schedule

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## DAY 1

3-4pm Arrival time

5-6pm - Introduction . Meet & greet.

6.30-7.30pm - **DINNER**

7.45 -8.30pm - Gentle movement and sound bath.



# Daily Schedule

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## DAY 2



8 am - Gentle breathwork and yoga with Judyth.

9 am - **BREAKFAST:** A choice of fresh fruit, homemade granola, Breads cheeses, eggs.

11 am - Laughter Yoga with Jenni.

12.15 pm - Cacao ceremony and Sound bath with Martina.



1.30pm - **LUNCH:** Homemade Veg soup. Salads, Potatoe salad, Chickpea salads.

3.00pm - Walking meditation

4.30pm - Astrology OR Art with Judyth.

5.15 pm - Free time

6.00 pm - **DINNER:**

7.30pm Dancing, sing song.

# Daily Schedule

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## DAY 3



8 am - Gentle breathwork and yoga with Judyth.

9 am - **BREAKFAST**: A choice of fresh fruit, homemade granola, Breads cheeses, eggs.

11 am - Voice opening and sound practices with Martina.

12.15 pm - Laughter yoga with Jenni .

1-2pm - **LUNCH**

2-3pm - Reflection

3pm- Depart

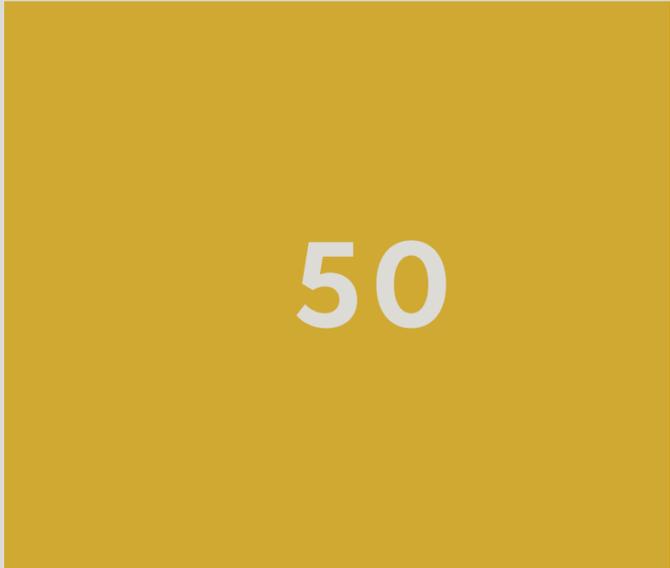
# Pricing

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€300

***Basic***



50

***Deposit***

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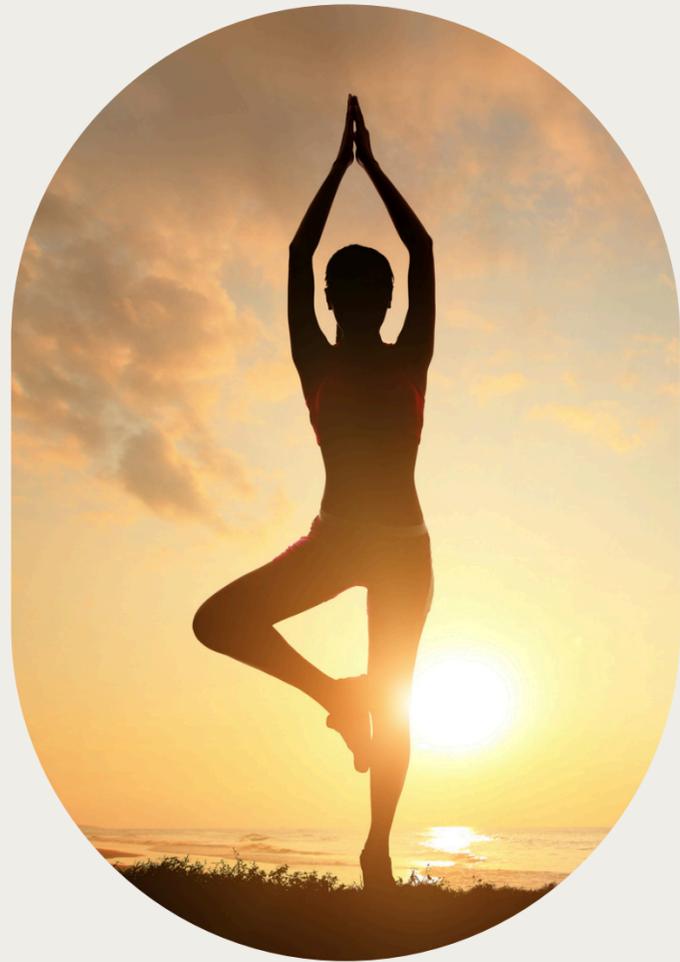
*hello@reallygreatsite.com*

# Frequently asked questions

- **Is everything included in the price? - Yes. The food, the treatments , accommodation and the activities are all included. The food will be mostly vegetarian . If you let us know any dietary requirements please let us know.**
- **Are there limited spaces?- Yes. We advise you book early to avoid disappointment!**
- **Are the rooms shared accommodation?- Yes. accommodation is based on people sharing.. All rooms are comfortable, clean and well located with washing facilities.**
- **Will there be a chance for some free during the weekend? Yes, if you choose not to take part in the planned activities or just want some time out , there are lovely surroundings for walking**
- **Can I bring my own food/alcohol? You can bring your own food and snacks.**
- **What happens if I need to cancel? We cannot offer a refund if you cancel less than 30 days before the start of the workshop. Please also note, the deposit you've paid is non-refundable. If you wish to gift your space to someone else, or sell it on that is not a problem as long as you let us know.**

# Whats to bring

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Please bring anything to make you more comfortable. Any special foods that you eat. Strong shoes or wellies, coat, hat, scarves etc if you would like to go walking. A yoga mat and cushion. We will have a limited supply there. Warm and comfy clothes.

# BOOKING

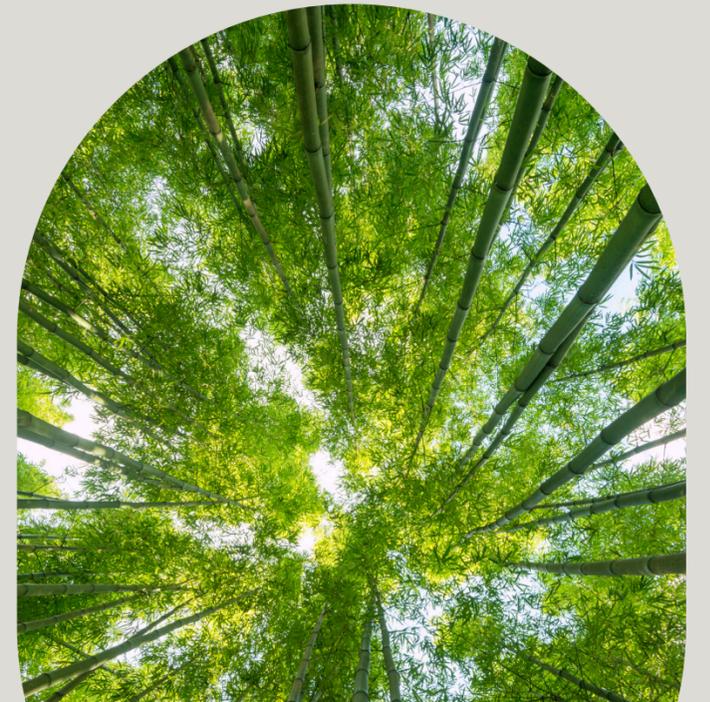
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Thank  
you

