

Mature Persons Wellbeing Retreat – Relax and Rejuvenate

9.30am - 10am:

Mindful beach walk

10.00am - 11.15am

Meditation class

11.15am - 11.45am

Nutritional discussion and break time

11.45am - 1.00pm

Self-love and compassion class

Boundaries: Practicing non-judgement to ourselves and healthy communication

Managing emotions of self-frustration – Wellbeing relaxation techniques EFT Tapping and mindful presence

1.00pm - 2.00pm

Lunch (included in cost)

2.00 - 3.00pm

Tai Chi: very slow and gentle movement to get your body moving and create energy

3.00 - 3.15pm

Break

3.15pm - 5.00pm

Free time OR choose activity session & close of day: Spa treatment, golfing or golf lesson (additional cost). Relaxing stencil drawing class - Movie group – Group Game - Book reading or history club (inc. in cost). Groups can choose one of the above to enjoy together or be split into smaller numbers and choose a preferred activity

Delivered by Wellness Specialist Olivia O’ Connor – WWW.WELLNESSBYOLIVIA.COM. In the event wellness retreats are unavailable, your package cost is transferable to other sections of the Portmarnock resort. All retreats adhere to Covid-19 regulations and will be delivered in a safe environment.