

CONNEMINO WELLNESS

Nourish the soul at the majestic location of Kylemore Abbey

3 day programme MAX 14 persons

DO YOU NEED A WEEK OF RELAXATION, NATURE AND INSPIRATION?

The Connemino Wellness Programme at magical Kylemore Abbey run by Alan Kerins in association with Notre Dame University is the perfect way to indulge yourself with nourishing food, gentle hikes and amazing nature.



Workshops Designed to:

- EMPOWER Greater Awareness & Accountability
- ENGAGE and Communicate with Greater Impact
- NURTURE Key Relationships
- GAIN Clarity and Renewed Vision
- ELEVATE Performance, Confidence & Presence

Workshops are facilitated to ensure you leave:

- Aligned
- Focused
- Together
- Challenged

ITINERARY

FRIDAY

- 3:00pm – Arrival
- 4:00pm – Creative Introductions
- 7:00pm – Traditional Connemara Dinner
- 8:30pm – Fireside Reflection with Alan

SATURDAY

- 7:30am – Wellness Activity (optional)
- 8:30am – Breakfast at your leisure
- 10:30am – Resilience Workshop
- 1:00pm – Lunch
- 2:00pm – Hike & Lakeside Workshop
- 7:00pm – Connemara Banquet at Kylemore Abbey
- 8:30pm – Ceol & Craic until late

SUNDAY

- 8:00am – Breakfast at your leisure
- 9:30am – Deep Relaxation in the Walled Garden
- 11:30am – Wrap Up Session
- 1:00pm – Lunch
- 2:30pm – Closing Celebration

