

SOUL CENTERED RETREATS AT AHERLOW HOUSE



INVIGORATING WELLNESS BREAKS

Inspiring yoga & calming meditation, gentle flowing Chi Kung & Tai Chi, Mindfulness with art

FEEL ENLIGHTENED

The focus is a synergistic wellness experience promoting physical, mental, emotional and spiritual well-being, combining activities, environment, cuisine and people. Our teachers and therapists have extensive teaching experience.

3 Day Retreat suits all abilities, all ages, from €399pp sharing includes accommodation, food, yoga and meditation classes. Reserve your place for our retreat taking place January 7th 2019.

AHERLOW
HOUSE HOTEL
Glen of Aherlow
Co. Tipperary

T: (062) 56153
E: events@aherlowhouse.ie
W: www.aherlowhouse.ie



UNWIND YOUR MIND AND GET BACK TO NATURE, AHERLOW HOUSE
HOTEL, THE PERFECT DESTINATION FOR YOUR NEXT RETREAT!