**A Soul-Nurturing Residential Retreat:**

**A Journey Within at the Prestigious Temple House**

**Friday 19th to Sunday 21st September 2025**

### Step into a world of luxury, history, and profound renewal at the exclusive Residential Retreat at Temple House. Set in peaceful surroundings, this transformative weekend offers a unique blend of deep connection, self-discovery, and personal rejuvenation. Through sacred practices, sound healing, movement, and immersion in nature, we will nurture your mind, body, and soul. With its elegant ambiance and serene atmosphere, this retreat is not just a place to rest but an opportunity for spiritual growth, rejuvenation, and meaningful connections with others.

### ****A Historic Sanctuary of Beauty & Serenity****

Temple House, nestled on an ancient estate with ties to the Knights Templar dating back to the 12th century, offers a rich historical backdrop. The stately home features elegantly furnished rooms, stunning Italianate gardens, and a private lake surrounded by enchanting woodlands, creating a truly unique and tranquil retreat.

### ****A Luxurious Dining Experience****

On Saturday evening, we will gather around the candlelit banquet table in the grand dining room, where the atmosphere will transport you to a world of elegance and sophistication, reminiscent of Downton Abbey. A private chef will prepare a sumptuous three-course meal, tailored to delight your senses, while the attentive staff at Temple House will be at your service, ensuring every detail is taken care of.

*(To elevate the experience, an honesty bar is also available for those who would like to purchase wine, spirits, or soft drinks).*

After dinner, relax in one of the cosy lounge rooms, each with comfortable sofas and a crackling fire. Throughout your stay, you’ll have access to complimentary hot drinks, still and sparkling water, and a variety of snacks at our tea station.

Each morning, enjoy a homemade Irish breakfast, featuring freshly baked bread (with gluten-free options) and a selection of vegan and vegetarian choices. With dedicated staff on hand throughout your stay, you’ll feel as though Temple House is yours alone, offering a truly luxurious experience.

## ****A Journey of Deep Healing & Transformation****

## This weekend retreat is carefully curated as a **sacred space for you, for reflection, renewal, and connection**, blending ancient wisdom with **soul-enriching experiences**:

**Friday 19th September ‘25**  
7pm: **Arrive & Settle In** – Get comfortable and begin to relax in the beautiful surroundings of Temple House.  
7:30 pm: **Welcome Circle** – Introduction and intentions for the retreat.  
8:30 pm: **Sound Bath Moon Meditation** – Immerse yourself in the soothing sounds that help release tension and set the tone for the weekend.  
9:45 pm: **Relax & Connect** – Unwind with a warm drink of herbal tea ( we have a special recipe) or coffee, fresh fruit, and light snacks by the fire. Enjoy the opportunity to connect with fellow guests or savor some quiet time for reflection.

### ****Saturday, 20th September ‘25****

### ****8am – Morning Dip** (Optional!)** Start your day with an invigorating swim in the tranquil lake, awakening your senses and connecting with the purity of nature.

**8.45am – Yoga & Breathwork**  
Stretch, flow, and centre yourself with a gentle yet energising yoga session, harmonising breath and movement in the peaceful surroundings.

**10am – Homemade Irish Breakfast**  
Enjoy a delicious breakfast featuring fresh, locally sourced ingredients, including homemade baked bread, seasonal fruits, and vegan and vegetarian options.

**11:15 am -** **Energy Clearing Journey** – An energy-clearing practice to clear, balance and refresh your mind, body & soul.

**12pm – Break & Relaxation Time**  
Unwind, reflect, or explore the stunning grounds at your own pace.

**1:30 pm – Nourishing Lunch**  
A wholesome and satisfying meal to replenish your energy, made with fresh, organic ingredients.

**2:45 pm – Choice of Activity**:

* **Soul Activation: Crystals & Light Pen Journey -** In this transformative meditation, the LightPen and carefully chosen crystals will be used to open energetic pathways, aligning the spirit and deepening connection. As you relax into the experience, you’ll feel your energy flowing freely, leaving you centered, balanced, and spiritually uplifted.
* **Chakra Dance – Free Your Energy -** A fun and energizing practice that combines movement, rhythm, and self-expression to unblock and activate your energy centers. It’s a great way to connect with your inner child, invite laughter, and feel balanced and revitalised.
* **Floating Meditation on the Lake -** Drift into deep relaxation as you gently float in a kayak on the tranquil lake, feeling the soothing movement of the water beneath you. This unique meditation invites a sense of lightness, freedom, and connection with nature—letting go, flowing with the moment, and embracing the joy of simply being. With plenty of laughter along the way, it’s a truly uplifting and unforgettable experience!

**4:30 pm – Fireside Connection & Free Time**  
Relax by the fire with a warm herbal tea ( or coffee) , connect with like-minded souls, or take a quiet moment to appreciate the beauty of the gardens.

**5:30 pm – Lakeside Sunset Meditation & Gentle Movement**

As the sun begins to set, we’ll come together by the tranquil lakeside for a soothing blend of gentle movement and meditation. Flowing with the rhythm of the natural surroundings, we’ll stretch, breathe, and reflect in peaceful harmony, embracing the golden hour as it invites calm and stillness into our hearts and minds.

**6.15pm - Relaxation Time & getting ready for dinner!**

**7:30 pm – Exquisite Candlelit Dinner**  
Gather around the long, candle lit, elegant banquet table for a luxurious three-course meal prepared by a private chef, with attentive service ensuring a truly special dining experience.

**9 pm – Surprise Evening Event**  
A magical night awaits in the lounge area, expect an enchanting experience designed to uplift, inspire, and leave you with a deep sense of connection and wonder.

### ****Sunday 21st September ‘25****

**8.15 am** – **Morning Dip (Optional!)** – one last refreshing moment in nature.  
**9am** – **Breakfast** – another **homemade Irish breakfast** before the day’s journey begins.  
**10.15am** – **Sacred Gathering & Closing Ancestral Ceremony** – a powerful and moving way to honour the weekend’s transformations.  
**11.30am** – Break  
**11.45am** – Departure for our final adventure  
**12.30pm** – **Forest Bathing & Chanting** – immerse yourself in the ancient sounds of the land, feeling the energy of **wild woodlands and sacred spaces**.

*Throughout the weekend, a coffee and tea station will be available during all breaks, offering a selection of herbal teas, coffee, and light snacks.*

### ****An Invitation to Something Extraordinary****

### This retreat is a rare opportunity to **step away from the ordinary** and immerse yourself in an **elite, soul-nurturing experience**. Temple House is a place where **history whispers, nature embraces, and transformation unfolds**.

If you’re ready to embark on this **extraordinary journey**, we welcome you with open hearts.

**What’s Included in Your Retreat Experience:**

**Accommodation**: Enjoy two nights of peaceful rest in the luxurious rooms of Temple House, blending comfort and historical charm.

**Sacred Practices & Activities**: Engage in transformative practices designed to nurture your mind, body, and soul, offering a weekend of self-discovery, relaxation, and healing.

**Meals**:

* + **Breakfast** each morning with homemade Irish delights and vegan/vegetarian options
  + **Lunch** on Saturday, made with fresh, organic ingredients
  + **Saturday Night Three-Course Dinner**, a gourmet meal prepared by a private chef

**Refreshments**:

* + **Tea & Coffee Station** available throughout the retreat
  + **Light Snacks** provided on Friday evening to unwind

**Exclusive Environment**: Immerse yourself in the serene beauty of Temple House, surrounded by stunning grounds, lush woodlands, and a tranquil lake. Take time to recharge in nature, reconnecting with the land for deep relaxation and inner peace.

This all-inclusive weekend offers everything you need for rejuvenation, transformation, and spiritual renewal. Each element of the experience is designed to nurture and inspire, leaving you feeling deeply connected to yourself and the world around you.

**What’s Not Included:**

* **Travel & Transport**: Transportation to and from Temple House is not included. Please arrange your own travel to the retreat.
* **Additional Personal Expenses**: Any personal purchases such as items from the mini Angel Shop, extra beverages from the honesty bar, or treatments outside of scheduled activities are not included.
* **Gratuities**: Tips for staff or service providers are not included, but are greatly appreciated if you feel inclined.

**Booking Terms and Conditions**

To secure your place at the retreat, **a non-refundable deposit of €150 is required**. This deposit guarantees your place on the Retreat including accommodation, meals, and activities, as everything must be pre-paid in advance.

Once you have booked you will receive a confirmation email and links to pay the balance. The full balance must be paid **by 1st July 2025.** We appreciate that by booking, you take responsibility for completing your payment on time.

Payment can be made via the secure links you’ll receive. Please note that **Angel & Gift World cannot process retreat payments through their shop card machine**.

By confirming your booking, you acknowledge and accept these terms.

**We appreciate your understanding and look forward to sharing this special retreat with you!**