

Soul Healing Retreats

13TH TO 15 NOVEMBER 2020

22ND TO 24TH JANUARY 2021

1ST OCTOBER TO 3RD OCTOBER 2021

Guided by Dr Raymond B Cadwell



Activating deep contact with Soul is the main purpose of this retreat. This is a channel to SOURCE which is the origin of all primary healing. Enabling Soul to incorporate deeply into the Body/Mind is crucial for Health. This is especially true for all depletion and fatigue conditions.

Below you will find information on the fee, how to book and what you will need to bring, catering, arrival dates and times and directions to the venue.

The fee for the entire weekend retreat (Fri to Sun) is €3600.00 which includes SHARED accommodation and meals (breakfast, lunch and evening meal). **A non-refundable deposit** of €50.00 is required to confirm your booking. Please contact Audrey for bank details to transfer your deposit.

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If you have time constraints on this weekend you may attend for a full day provided there is space available. Please contact Audrey for information.

Booking: To secure your place you must email **Audrey Quinn** at info@raymondcadwell.com stating your intention to attend and to pay your deposit of €50.00.

She will send an acceptance email with your registration number, which you print and bring with you at registration when you can pay your remaining fee by cheque, cash or credit card. Unfortunately, we will have to charge a cancellation fee if you don't show up without informing us in writing to info@raymondcadwell.com. You will lose your deposit of €50 and you will be charged a further €130.00. This amounts to 50% of the entire weekend fee.

TIMES:

Start at 7.30pm on Friday - evening meal at 6pm sharp. You can arrive from 5pm.

9.00am -7.00pm Saturday

9.00am- 4.00 pm Sunday - no evening meal on Sunday

The Venue: The Elbow Room Escape, Glen of Imaal, Donard, Co Wicklow, Ireland.
<https://www.the-elbowroomescape.com/>

Directions

From the M50 take the Tallaght exit on the N81 and follow it all the way thru Blessington. On the other side of Blessington after approximately 10 mins you will see a pub called the Toll House and signposts for Donard. Take that Left hand turn and continue for 3 km until you reach Donard village.

Take the first Left and then an immediate Right (this road is opposite Toomey's Bar). Continue for another 3km until you reach the retreat which will be on your left-hand side. (Look out for the elbowroom escape sign).

Public transport from Dublin

From Dublin get the 132 Bus Eireann Bus from the Connolly Luas Bus Stop and purchase a ticket for Annalecky Cross (bus can be Tullow/Bunclody). Approx. 16

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km after Blessington get off bus at Annalecky Cross at The Olde Toll House pub. You will need to pre-book a taxi with Dermot Allen 087 2516623 to bring you to the retreat centre.

Vegetarian Catering provided: Friday evening meal, Saturday continental breakfast, lunch and evening meal, Sunday continental breakfast and lunch. *If you have any dietary requirements please ensure you mention this at the time of your booking.* Please bring any smaller food items that you may require personally.

Your Comfort: For your own comfort it is important that you bring along loose, comfortable clothes and appropriate meditation equipment (thin mattress, cushion, blanket or shawl, meditation stool, etc.).

It is crucial that you bring something really comfortable to lie on as you will spend a good amount of time lying down. Therefore, you **MUST** bring a mattress, blanket and cushion with you. WE CANNOT provide these items for you.

Towels, bed linen and hair dryers are provided by the Centre.