



An Outdoor Day Retreat on Inis Oírr

Sunday 24th August 2025

with Mary Owens, Psychotherapist

11:30am-4pm



Make Sunday 24th August 2025 a day of rest and reflection. Pack a good lunch and some sturdy raingear and join me for a day outdoors on Inis Oírr, the smallest of the Aran islands.

Learn how to ground yourself in Nature. Find deeper connection to yourself, others and the natural world with quiet walks and guided outdoor meditations. There will also be space to reflect and share.

Meeting point will be at the pier on Inis Oírr at 11:30am. Ferries to and from Inis Oírr are available from Galway and Clare.
Retreat fee €75. Does not include ferry.

FOR MORE INFORMATION AND RESERVATION
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