

Daily Schedule

9:00 - 9:30 am:

Arrival time. Ample, secure parking available. Pickups can be arranged. Introduction and screening followed by light breakfast, fruit and smoothies.

10.15 am:

Relaxing walk in the beautiful countryside of Glencree.

11.30 am:

Herbal teas followed by Pilates and relaxation class.

12:30 pm:

Healthy eating tips and lunch served in our Armoury Café - all diets are catered for and any special requirements need to be requested when booking.

2:00 pm:

Life coaching and motivational talk. Opportunity for self-focus and forward planning, setting goals etc.

3:00 pm:

Yoga and fit ball exercises.

4:00 pm:

Meditation.

4:30 - 6:00 pm:

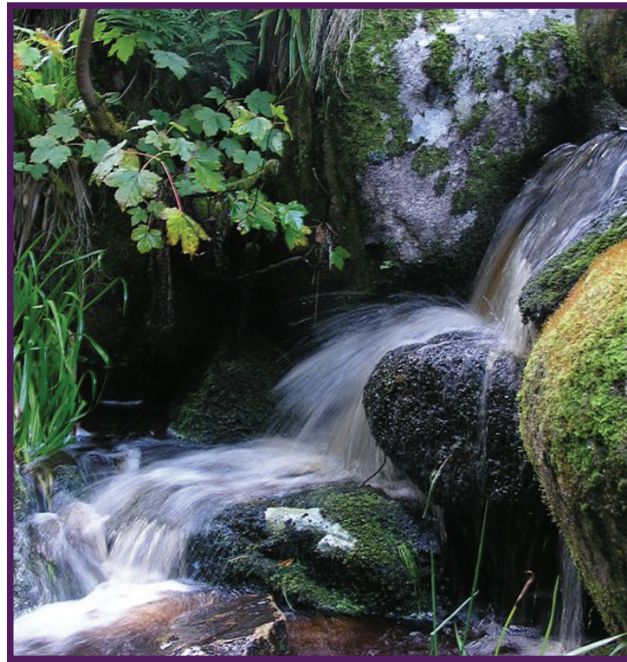
Free-time before healthy dinner.

6:00 - 7:30 pm:

Healthy dinner and opportunity to socialise with other guests.

8:00 pm:

In house entertainment.



Glencree offers you a time to reflect and observe the simple beauty of each season. The sounds of birds singing and streams gurgling form a backdrop for new ideas and thoughts.

Nurture your mind, body and soul at Glencree.

For more information contact Eileen Kennedy at eileen.kennedy@glencree.ie

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www.glencree.ie



Wellness at GLENCREE



Enniskerry
County Wicklow

www.glencree.ie



Staying at Glencree is an exceptional and magical experience standing at the head of the spectacular and unspoiled Glencree Valley on the edge of the Wicklow National Park. It is an ideal venue for walking groups and nature lovers alike and ideal for those looking for space, privacy and tranquility.

We provide Wellness Breaks ranging from 1 day to 5 days including accommodation. The Armoury Restaurant on site provides all meals. Here you can enjoy the very best of County Wicklow's wholesome

homemade food in a warm and friendly atmosphere. All our bedrooms are twin, with en suite facilities. Our decor is designed to create calmness and simplicity. Our wellness package will nurture your mind, body and soul. It is coordinated by one of Ireland's leading wellness coaches, Cathy Soraghan. Guests are encouraged to use the time to completely unwind, focus on themselves and leave their home life and work worries behind.



Wellness Coordinator
Cathy Soraghan has worked in the fitness industry for over 20 years. Her expertise is widely acknowledged, with clients ranging from international stars to household

names in Ireland to brides and grooms seeking assistance in looking good for their big day in addition to an array of clients.

She has a proven record for getting people motivated, as seen on RTE's Afternoon Show, when she took charge of detoxing the presenters over a two day period, all of whom declared how terrific they felt afterwards. Radio listeners to the Ray D'Arcy Show and regular listeners to East Coast FM have also heard Cathy mentor, motivate and advise.

Cathy's philosophy as a health and fitness consultant is to use a holistic approach incorporating fitness, nutrition and motivation techniques, utilising her many skills in the health and fitness arena as well as her training as a Life Coach. www.womenontherun.ie

The Glencree Centre for Peace and Reconciliation has been working since the 1970s to build peace and resolve conflict in Ireland, especially in Northern Ireland. Today, the Centre continues that work, and is also increasingly busy bringing Irish peacemaking expertise to Afghanistan, Israel/Palestine, Haiti, and other troubled parts of the world. All profits from the Armoury Café go to support the Centre's work for peace at home and abroad.