

Bealtaine Retreat Mount St Annes Ireland's Beautiful Midlands

Friday May 1st Saturday May 2nd Sunday May 3rd and

Bank Holiday Monday May 4th 2026

I'm so glad that you have found your way to this retreat prospectus which I hope will give you all the information you need to decide if this simple beautiful time of rest, restore and nourishment is for you. If this retreat is calling you I encourage you to book your place. We will be a group of 25. There will not be any extra places for later bookings so it is strictly on a first come first served basis.

If after reading the information here you would like to discuss any aspect of the retreat, or you have any questions, please do not hesitate to book a zoom call with [here](#). I hope to have the opportunity to welcome you to the the restful Mount St Annes in Ireland's beautiful midlands.



Why Bealtaine?

Considered one of the holiest times within the Celtic Wheel of the Year, Bealtaine is the mid-point festival that honours the move towards the light. It is a time of increase and potency; days are lengthening, and new growth is emerging. This is a festival that celebrates the fire of life, which will grow as the retreat progresses.

Our time together will be a potent set-apart time, a time dedicated to the seasonal energies that are moving within and throughout us, in our own inner-nature, as well as throughout the natural world where we live.

This Blessed Bealtaine Retreat is an time for you to reflect on the summer energies within you, and to meaningfully engage with your own heart as you prepare to blossom as you cross the various thresholds of your own life.

Is this Retreat For You?

Have you been feeling overwhelmed, exhausted, and uninspired lately?

Have you been neglecting your own needs and prioritising everyone else's?

You're not alone.

Stress overload affects women from all walks of life, whether you're a working mom, an entrepreneur, a caregiver, or simply juggling multiple responsibilities.

It has been drummed into women that our dreams and expectations come second.

So if you're feeling disconnected or like you've lost yourself along the way, know that it's OK to ask for more, to want more, to start focusing on what you need.

If this is you, and now is the time to take yourself off the back of the line I hope you will give yourself this gift of a very special time apart to rest, reset, and renew.

The Venue - Mount St Annes Retreat And Conference Centre



I am so happy to be able to invite you to this Georgian mansion dating from 1820 set in beautiful gardens and natural landscape. You will be well taken care of here with well prepared wholesome food and plenty of indoor and outdoor spaces for you to relax and unwind.

Do I need to have experience of Mindfulness and Celtic Spirituality?

If you have never done any mindfulness before, nor experienced Celtic Spirituality, you will feel right at home on this retreat. If you have tried mindfulness before and found it not for you - then I really want you to come to this retreat, where you will have a very different experience of naturally coming home to your own inner calm.

Accommodation

This is a residential retreat where you will have your own single ensuite bedroom, and access to many spaces to relax and unwind in this gracious historical venue. The house has extensive gardens so you will have as a great variety of outdoor areas to explore at your leisure.

For those who would like to arrive the day before our retreat, or if you are travelling with another and/ or plan to spend more time in Ireland after the retreat you might like to check out The [Heritage Hotel](#) which is a 13 minute walk or two minute drive from our retreat centre offers is a very popular 4-star accommodations. Set within private gardens, hotel guests may enjoy the on-site features including a leisure center, award-winning spa, and on-site bars and restaurants.

Getting There

Mount St. Anne's Retreat and Conference Centre, Killenard, Portarlinton, Co. Laois, Ireland

Telephone: +353 (0)57 8626153

Post Code: R32 WN59

PUBLIC TRANSPORTATION FROM DUBLIN Travelling by bus you will get off at Ballybrittas and if you are travelling by train your stop will be Portarlinton Railway Station. You can then book a Taxi to take you to Mount St. Anne's. If you wish to book a taxi in advance, please contact Mount St Annes office on 00-353-(0)57-8626153 for local taxi service number.

Parking

There is ample parking available onsite.

Investment

By participating in this retreat you are making a massive investment in you, present you, and future you. To encourage you to take this step I have kept the investment as reasonable as I possible can.

What's included

- Single room accommodation for three nights - Fri/ Sat/Sun
- Breakfast Saturday/Sunday/Monday
- Lunch Saturday/Sunday and Monday
- Dinner Friday/ Saturday/Sunday
- Self service tea/coffee anytime
- Morning and afternoon snacks Sat/Sun/Mon
- 4 Deep Relaxation sessions, including
 - Yoga Nidra,
 - Mindful Walking
 - Shamanic And Sound Bath Experience
 - Deep Muscle Relaxation
- Bealtaine Ritual
- Anam Cara Deep Listening (Soul Friendship) in small groups, and a limited number of free one to one sessions with Dee available throughout the retreat days
- Celtic chants and music, circle dancing, journaling
- Bealtaine creative workshop
- Free time to explore beautiful surroundings and to simply unwind and relax

What's not included

Flights, insurance or travel to and from the retreat venue.

Personal care items - such as soap, shampoo etc (Towels will be available in your bathroom)

Snacks or drinks you might want to enjoy in the lovely sitting room available for evening gatherings / relaxation.

· **Insurance:** You are strongly encouraged you to take out insurance at the time of booking your retreat and travel arrangements.

Refunds

Full payment is due 40 days before the retreat start date,(March 22nd 2026) after which refunds cannot be made, but if you have paid in full before this 40 day deadline you may request a refund. Refunds are not available after the 40 day deadline, but from this time if

you no longer wish to or are able to participate in the retreat you may transfer your place to another. Please contact Dee re the process for this transfer of a place.

What happens after you book your place?

You will receive an email from Dee welcoming you to our retreat and reminding you that you can book a zoom call if you have any questions.

How do we stay in touch?

Once you have booked your place on the retreat you will receive regular updates from Dee by email. You will also be able to email Dee with any question/ concern or need for further information.

What to bring with you

For the retreat it would be great if you could bring the following:

Yoga mat, blanket/ pillow/ eye mask or whatever helps you to relax as well as a water bottle for hydration.

Journal – we will have time for some reflective work and it would be lovely if you brought yourself a journal just for this special time

Comfy, loose, layered clothing

Any favourite snacks or drinks for relaxing in the beautiful evening sitting room.

And for the '**grand soft day**' of Irish weather in May rain gear and good walking shoes

Sample Retreat Schedule

Friday May 1st

3 to 5pm

Arrival and settling in to your room and exploring the space.

6pm Supper

7 to 8.30 pm

Opening Ritual

Yoga Nidra

Saturday May 2nd

10 to 5pm

Warm Welcome with a gentle day of leaning into the magic of Bealtaine

9.30 am Celtic Chanting (*optional*)

10 – 1pm. Morning Session (*break from 11 to 11.30 am*)

- Connecting with the energy of Bealtaine
- Gentle relaxation with Heart Meditation
- Anam Cara – Deep Listening Practice

3 – 5pm Afternoon Session (*snack served during scripting time 4.30 – 5pm*)

- Shamanic practice and sound bath
- Journal scripting

Sunday May 3rd

10 to 5pm

Warm Welcome with a gentle day of leaning into the magic of Bealtaine

9.30 am Celtic Chanting (*optional*)

10 – 1pm. Morning Session (*break from 11 to 11.30 am*)

- Connecting with the energy of Bealtaine
- Gentle muscle relaxation practice
- Anam Cara – Deep Listening Practice

3 – 5pm Afternoon Session (*snack served during scripting time 4.30 – 5pm*)

- Releasing what is no longer serving us – Ritual and Fire Ceremony
- Journal scripting

Monday May 4th

10 to 4pm

Warm Welcome with a gentle day of leaning into the magic of Bealtaine

9.30 am Celtic Chanting (*optional*)

10 – 1pm. Morning Session (*break from 11 to 11.30 am*)

Mindful Walking Meditation

Creative Workshop – celebrating the energy of Bealtaine

Anam Cara – Deep Listening

2 – 4pm Afternoon Session (*snack served journaling/scripting time 3.15pm*)

Celebrating Bealtaine – Hawthorn Tree Ritual

Journal scripting

Closing Circle – Bringing the fruits of Bealtaine away with us

Next Steps

Book a zoom call with me [here](#).

Book your place on the retreat [here](#)