

Where you'll stay:

Tobar Mhuire begins with a legend.

It is the legend of the holy wells that can be found the length and breadth of Ireland. These springs or pools of water have always held great spiritual significance for the local people. Their sacred waters were important for both their life-giving properties and as places of pilgrimage and healing and this strong belief in the 'sacredness of wells' was deeply ingrained into Celtic Spirituality.

As legend has it, the well located to the left of the main avenue was one of these ancient holy wells.

It is believed this well would have been part of an ancient Christian chapel dating back as far as 583AD. The well became affectionately known as "Mary's Well," which is translated in Irish as Tobar Mhuire.

Tobar Mhuire is a well-equipped modern Retreat and Conference Centre, set in sixty acres of woodland in the heart of County Down.

More information can be found at:

<https://www.tobarmhuire.com/>

Menopause & the Sacred Feminine Focusing Retreat 18th to 20th September 2026



*Menopause is neither ending nor
beginning.*

*It is an ongoing invitation,
an invitation to grow into who you
were born to be.*



Who We Are:

Hillie van der Weg is an Focusing-Oriented Art Therapist, Trainer and Spiritual Counsellor. In her practice, Rond de Levenslijn, she guides people of all ages. Her offerings include rekindling the sometimes-weakened spark of life and helping people to search for and discover their soul mission. In addition to individual guidance, she organizes creative workshops based around Sacred Geometry. Focusing is woven through her work like a golden thread. More information can be found at www.ronddelevenslijn.nl.

Clíodhna Davis is a Focusing Oriented Integrative Therapist and Trainer. Focusing is foundational to her work and provides a gentle and resourcing space to breathe, to choose and to open to the body's own healing wisdom. She regularly offers Menopause courses aimed at empowering women to befriend their bodies and find the opportunities inherent in this stage of life. She also offers workshops centred around the rhythm and wisdom of the Celtic calendar. More information can be found at www.chrysalisfocusing.com

Whether in Perimenopause or Postmenopausal, this three-day residential retreat in the heart of the Irish countryside is for you.

This stage of life is about transition, and any period of transition can leave us feeling unbalanced, ungrounded and utterly lacking in resources.

But what if the resources are right here, right now?

What if all that is required is that you step into this liminal space?

And in this liminal space, you are invited to lean into your own deeply personal experience, explore the deep wisdom and profound sacredness of this time of life and discover a way of being that is true for you.

The retreat programme will include aspects of wholebody focusing, Bio-Spirituality, Celtic myth, art therapy, and nature as we journey inwards to connect with and share the sacred feminine in each of us.

Cost per person (single room) - £450

Cost per person (sharing) - £425

*For further information
please email sacredfemininefocus@gmail.com*