



MINDFULNESS RETREAT WITH BRIDGEEN REA-KAYA



Your Guide

Bridgeen is a highly experienced mindfulness and self-compassion teacher on a mission to bring these transformative practices to the public. She has been leading retreats for many years, and this will be her second time leading a retreat at the Marine.

As well as having a Masters in Mindfulness (MSc) she has trained extensively with world-renowned teachers like Zen Master Thich Nhat Hanh, Rick Hanson and Kristen Neff. She has trained in many different disciplines including yoga, mindful movement, meditation, self-compassion, and positive neuroplasticity. With her teaching Bridgeen's aim is always to co-create a space where participants feel safe and comfortable to explore and benefit from the many different practices available.

Everything she offers is invitational and Bridgeen always likes to have some fun with the practices too.

The Retreat...



Escape the daily grind and treat yourself to a weekend of inner peace, rest and nourishment in the beautiful seaside location of Ballycastle at our special mindful self-compassion retreat with Bridgeen Rea-Kaya from Immeasurable Minds.

This will be a heart opening, refreshing weekend to nourish, soothe and rest the body and mind.

This mindful weekend will be tailored to all levels of experience so even if you've never practiced mindfulness before you will be able to learn and enjoy simple practices including mindful movement on the beach, outdoor mindful walking, breathing meditation, self-compassion and deep relaxation practices. Not to mention delicious locally sourced vegetarian food from Marconi's Bistro at the Marine – all included.

So imagine yourself as you step into our hotel, feel the weight of the world effortlessly lift from your shoulders as you check in to your modern room. The air is crisp, carrying the soothing sounds of rustling leaves and gentle scent of the sea as Autumn is just beginning.

Surrounded by views of the sea you'll instantly find yourself immersed in a serene and harmonious atmosphere as you step into the first mindful session...

Bridgeen will lead you on a profound exploration of mindfulness and self-awareness. Through a carefully curated program of meditation sessions, breathing exercises, and guided contemplation, you'll learn to quiet the chatter of your mind, letting go of stress, and embracing the present moment. You enjoy meeting like-minded people as you nourish your body and soul with nutritious meals. Savouring each bite mindfully, fully immersing yourself in the flavours and textures, allowing each meal to become a sacred experience of gratitude and nourishment.

Enjoy soul-nurturing activities such as meditation, nature walks and gentle mindful movement sessions. Connect with fellow retreat participants in meaningful conversations, sharing insights, and building lasting friendships based on a shared pursuit of inner peace.

Whether you are a seasoned meditator or new to the practice, our retreat welcomes individuals of all backgrounds and experience levels. You will be guided every step of the way, allowing you to deepen your practice and embrace the transformative power of mindful self-compassion.

Leave our retreat on Sunday 25th February feeling refreshed, rejuvenated, and equipped with the tools to integrate mindfulness into your daily life. Carry the essence of this experience, the peace you've discovered within, and the lessons learned, knowing that you have embarked on a profound journey of self-discovery that will continue long after you depart.

Book your place now and embark on a life-enhancing meditation retreat that will nourish your mind, body, and soul. Embrace the serenity that awaits and rediscover inner harmony in nature's gentle embrace.

Mindful Self-Compassion Weekend Retreat Schedule...



DAY ONE Friday 23rd February 2024

- 3:00pm - check in to bedroom at Marine Hotel
- 6:15pm - Pre-dinner drinks in Marconi's Bistro before Vegetarian Dinner served at 6.30pm
- 8:30pm - orientation class, introduction to mindfulness and self-compassion practices
- *Bedtime

DAY TWO Saturday 24th February 2024

- 7:45am - meet in Hotel lobby - outdoor mindful movement (stick exercise) and meditation on the beach
- 9:15am- Breakfast in Marconi's
- 11:00 - Mindful self-compassion practice class
- 13:00pm -Vegetarian Lunch in Marconi's Bistro
- 3pm - Sense and Savour mindful Walk to Marconi's cottage (bring tea and snacks to share)
- 7pm - Dinner
- 9:00pm - Deep relaxation
- *Bedtime

DAY THREE Sunday 25th February 2024

- 7:45am - Meet in Lobby - Outdoor Mindful Movement & Meditation on the Beach
- 9:15am - Breakfast in Marconi's
- 11:00 - Check out of Bedrooms
- 11:15 - Mindful Self-Compassion Practice Class
- 13:00pm -Vegetarian Lunch in Marconi's Bistro
- 14.30pm - Gratitude Circle & Close
- 15:30 - *Depart

Prices...

Friday 23rd February - Sunday 25th February 2024

Accommodation Package

- Double/Twin Occupancy - £310 per person
- Single Occupancy - £380 per person

Meals & Mindfulness Package

£180 per person

£50 deposit per person to confirm booking. Remainder balance due 7 days prior

Terms & Conditions apply

Book by calling 02820762222 (extension 1) or email reception@marinehotelballycastle.com