

Outside Inside: Qigong and Self-discovery

Feb
20 to 22
2026



**A Healing
Retreat for
Your
Mind, Body
and Spirit
In
Connemara**



**Give yourself
this time to
slow down and
listen to nature**



**You will
reconnect
with
yourself**

**This 3 day retreat is a unique opportunity to connect with
your healing power and wisdom through nature using the
embodied practices of Qigong and IFS in Renvyle House
Hotel on the Wild Atlantic Way in Connemara, Co. Galway**

Eileen Brady is an experienced Qigong and Tai Chi teacher (and qualified mountain leader)
www.stillnessinmotion.ie



Marie Tierney is a psychotherapist and Internal Family Systems (IFS) therapist
www.marietierney.ie



Eileen and Marie are both keen hill walkers and love spending time outdoors in nature.

Friday 20th February from 5pm to Sunday 22nd February at 3.30pm

Renvyle House Hotel is a 4 star award winning historic hotel located on the beautiful Renvyle Peninsula in Connemara, renowned for its hospitality and warm welcome <https://www.renvyle.com/en/>



To book or for further information or questions contact:
Eileen Brady
eileendbrady@gmail.com
+353 (0)86 8533395

Cost: €150 for retreat.
Payment is due in full by January 23rd.
Full payment on booking to confirm your place
eileendbrady@gmail.com

Accommodation and food is extra. Bed and breakfast costs €210 for 2 nights in a single occupancy ensuite room and can be booked directly with the hotel +353 095 46100.