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## **RETURNING HOME: AN IFS ANCESTRAL HEALING RETREAT IN IRELAND**

### **FACILITATED BY KAY GARDNER |**

Hosted by Jasmine Bainbridge &  
Sheila Murray of Hunter Holistix

4<sup>th</sup> - 9<sup>th</sup> October, 2026

Residential: Avalon House,  
Castlecomer Kilkenny County



# **Returning Home: An Ancestral Healing Retreat in Ireland**

## **October 2026 | Residential Retreat | Ireland**

### **Facilitated by Kay Gardner | Hosted by Hunter Holistix**

Step onto sacred soil and into sacred remembrance. This deeply immersive 6-day retreat invites IFS informed and experienced therapists, healers, and seekers into a transformative space where land, lineage, and legacy converge.

Together, we will explore the threads of intergenerational pain and ancestral wisdom, weaving them into a path of healing, clarity, and connection.

We will journey through the stories, beliefs, and energetic imprints carried across generations and meet them with compassion, curiosity, and Self energy.

Guided by the deep teachings of Kay Gardner, IFS Senior Lead Trainer, this retreat offers an embodied experience of spiritual and energetic systems.

Through an IFS lens, you'll explore how intention, presence, and ancestral connection can deepen not only your personal healing, but also expand the depth of your therapeutic practice.

Expect fun and the unexpected in ceremony, sacred connection to the land, communal healing, storytelling, and space to soften into what you've inherited, and what you are ready to transform.

Come home to your Self, your lineage, and the spirit of the land.

**Register your interest via email to Jasmine and Sheila at [info@hunterholistix.com](mailto:info@hunterholistix.com). Payment plans available.**

Cost: Includes accommodation, daily on site meals and planned group outings. **€2200**

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What a week we have planned for the first week of October 2026. Not only will we be immersing ourselves in the incredible teachings and offerings from Kay Gardner, but we'll also be weaving the magic of the surrounding Irish countryside into our experience. We don't want to give too much away (there are a few surprises in store), but here's a brief outline of what to expect throughout the week. In collaboration with Kay, we have carefully curated a transformative and memorable experience for all who attend.

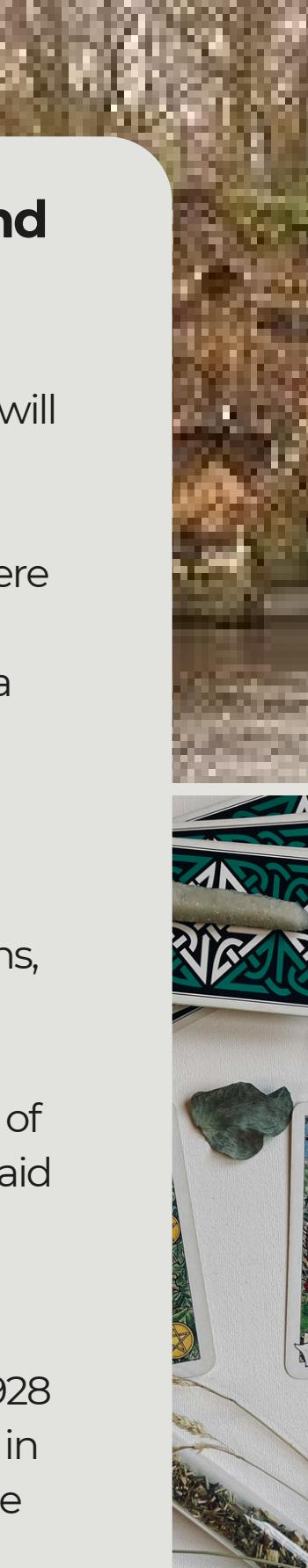
Our home for the week will be Avalon House in Castlecomer. We have exclusive use of the entire venue, including the grand Ballroom and the Firestation, which will host our morning meditation and movement sessions, as well as evening sound baths. <https://www.avalonhousehotel.ie>

We'll enjoy a day in Kilkenny, including a musical lunch at Kyteler's Inn, one of the oldest inns in Ireland, established in 1324 by Dame Alice de Kyteler. It's said that her spirit still keeps a watchful eye over the inn to this day.  
<https://www.kytelersinn.com>

Another magical excursion will take us to Dunmore Caves, dating back to 928 AD. These ancient, myth-filled caves are among the oldest recorded places in Ireland, and certainly some of the darkest. This guided journey deep into the earth offers a unique opportunity for reflection and grounding.  
<https://heritageireland.ie/places-to-visit/dunmore-cave>

Throughout the week, we'll also enjoy BBQs, buffet meals, stunning gardens, wild swimming in the nearby river, and exclusive use of the on-site sauna. Just over the bridge lies Castlecomer Discovery Park, with several artisan craft shops to explore.  
<https://www.discoverypark.ie>

We'll be staying on the edge of the charming village of Castlecomer, a place rich with Irish charm, perfect for a gentle evening stroll, relaxation, and fun.  
<https://castlecomer.ie>



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## October 2026 | Residential Retreat | Ireland

### Payment Plan Details

We understand that retreats often require thoughtful financial planning, especially when so many wonderful options exist, and time and budgets can feel stretched. That's why we've designed a fee-free payment plan to help make this experience as accessible as possible.

There are two options to choose from:

#### Option 1 – Three-Payment Plan:

- Deposit: €200 (non-refundable, secures your place)
- Two instalments: €1,000 each, due in February and May 2026

#### Option 2 – Monthly Payment Plan:

- Deposit: €200 (non-refundable)
- 10 monthly payments of €200 from October 2025 to August 2026 (excluding January—no payment is required in January)

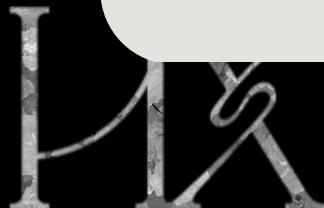
We'll send a reminder email in the final week of each month, along with a receipt showing your running balance and remaining amount. This makes tracking your payments simple and stress-free.

If, for any reason, you need to withdraw, our cancellation policy will apply. However, please note that the initial €200 deposit is non-refundable.

Once you confirm your spot, we'll send you your payment plan code and the account details for the monthly deposits. The first monthly payment will be due on the first business day of October 2025, and final payment by the first week of August 2026.

If you're ready to join us for this unforgettable journey, please reach out, we'd love to have you with us.

Let the magic of Ireland hold you.



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## **October 2026 | Residential Retreat | Ireland**

### **Payment Plan Schedule**

2025

September; Non-refundable deposit paid by 5/09/2025

October 3/10/2025

November 7/1/2025

December 5/12/2025

2026

February 6/02/2026

March 6/03/2026

April 3/04/2026

May 8/05/2026

June 5/06/2026

July 3/06/2026

August 7/08/2026

**RETREAT OCTOBER 4<sup>TH</sup> – 9<sup>TH</sup> 2026**

# Returning Home: An Ancestral Healing Retreat in Ireland

## October 2026 | Residential Retreat | Ireland

### Are deposits refundable or transferable?

All deposits are strictly non-refundable and non-transferable. We ask that you commit fully to the event before securing your place with a deposit. We appreciate your understanding and kindly ask you not to request refunds or transfers, as our policy does not allow for them under any circumstances. To protect your financial commitment, we recommend taking out cancellation insurance in case personal circumstances prevent you from attending.

In the unlikely event that Hunter Holistix cancels an event due to unforeseen circumstances or low registration numbers, you will receive a full refund, including your deposit. However, we are not responsible for additional costs such as travel, accommodation outside of the package, or missed work. Please ensure you have appropriate insurance to cover these scenarios.

### What is your cancellation policy?

If you cancel at least three months before the event (unless otherwise stated on the event page), you may be eligible for a refund of your payments, minus the non-refundable deposit.

Cancellations within three months of the event are typically non-refundable unless noted otherwise for that specific event.

Should Hunter Holistix cancel the event, you will receive a full refund of all fees paid, including the deposit. However, we do not cover external costs such as flights or accommodation. Please take out appropriate insurance to protect against such losses.

### What does the participant fee include?

The participation fee for in-person events generally covers:

- Full retreat/workshop tuition
- Private accommodation (unless otherwise requested)
- Three meals per day (breakfast, light lunch, dinner)
- Tea and coffee during break times

We cater to various dietary needs. Please specify these on your registration form.

# Returning Home: An Ancestral Healing Retreat in Ireland

## October 2026 | Residential Retreat | Ireland

### **What is the structure of a retreat/workshop or training?**

The format and length of our offerings vary. Some are 5- to 7-day residential retreats, others may be workshops or fully online trainings. Each event page will outline the schedule clearly.

Typically, there is a rest or free exploration day mid-week. On some retreats, optional sightseeing may be available at an extra cost.

### **Are there any additional costs?**

The standard participant fee includes tuition, accommodation, basic meals, and refreshments. Additional expenses such as premium beverages, bottled water, room service, spa treatments, sightseeing tours, laundry, and other extras are not included and may be billed separately.

### **How do I register?**

To register, visit the event's page and submit an expression of interest. You'll then be directed to complete a full registration form. Once your application is reviewed and accepted, you'll be notified by email with payment instructions. Please note that submission of a registration form is not a commitment to attend. Your place is only confirmed once payment is received. We encourage early submission as spots are limited and offered on a first-come, first-served basis (subject to eligibility).

Kindly wait for official confirmation before booking any travel arrangements.

### **COVID-19 and Medical Emergency Policy**

We have flexible arrangements in place in case of COVID-related disruptions or other medical emergencies. If restrictions such as lockdowns, quarantine requirements, or venue closures occur, we will reschedule the event and offer you the choice to:

- Attend on the new date
- Use your credit toward a future retreat or training (subject to availability and eligibility)

We strongly recommend that all participants take out travel insurance that includes trip cancellation coverage and consider booking refundable flights.

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### What happens if I get COVID during the event?

If you test positive for COVID during the retreat, you will be required to isolate in your room until you test negative. Meals will be brought to you, and you may be able to attend parts of the retreat virtually if you bring a suitable device. Unfortunately, Hunter Holistix cannot provide refunds in such situations, claims must be made through your travel insurance.

We ask that if you're experiencing any symptoms prior to the retreat, you complete a rapid test and bring tests with you for the duration of the event. Masking may be required at times, in line with public health advice.

### What if the event leader cannot attend?

If the lead facilitator is unable to attend in person or online, an assistant lead will step in to facilitate. No refunds or credits will be issued in this scenario. In the rare case that the lead facilitator is unable to participate at all, they will arrange a substitute facilitator and offer a post-event Q&A session via Zoom. A recording will be made available if you cannot attend live.

### Other COVID-19 FAQs

- Will my travel costs be refunded if I can't attend due to COVID-19?
- No. Hunter Holistix, its facilitators, and venues are not responsible for travel-related losses. Please obtain appropriate travel insurance.
- How will you decide if an event can go ahead?
- We will follow public health guidance and the regulations of the host country. Decisions to postpone or adapt events will be based on these guidelines.
- What if there is a lockdown in my country but not in the retreat location?
- If the retreat can proceed and your home country restricts your travel; you will need to claim losses through your insurance.

If you have additional questions, please contact us at: [info@hunterholistix.com](mailto:info@hunterholistix.com)