

**Gentle Flow:
Qigong & IFS Self-discovery**

**Aug
27 to 30
2026**

**A Healing
Retreat for
Your
Mind, Body
and Spirit
In Cloona,
Westport,
Co. Mayo**

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

**You will
reconnect
with
yourself**

This private retreat is a unique opportunity to connect with your healing power and wisdom through nature using the somatic embodied practices of Qigong and Internal Family Systems, in Cloona Wellness Retreat, nestled beneath Croagh Patrick, along the Wild Atlantic Way.

Eileen Brady is an experienced Qigong and Tai Chi teacher (and qualified mountain leader)

www.connemarataichi.com

Marie Tierney is a psychotherapist and Internal Family Systems (IFS) trainer www.marietetierney.ie

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



Thursday 27th August from 3pm to Sunday 30th August at 1pm

Cloona Wellness Retreat is an award-winning family-owned retreat centre located close to Westport and Croagh Patrick in Co. Mayo, renowned for its warm welcome and nourishing food www.cloona.ie/



For further information or questions contact:

Eileen Brady

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+353 (0)86 8533395

**Cost: From €690 to €890.
Full payment on booking to confirm your place. Payment is due in full by July 31st.**

A variety of room options are available for your comfort, including single rooms with shared bathroom facilities, en-suite rooms and spacious suites (including double options).

[For further information or to book your place click here](#)