


Memento bodyworks

PILATES STUDIO | BODY THERAPY | PERFORMING ARTS

RESET & INSPIRATION WEEK IRELAND | JUNE 23RD THRU JUNE 28TH 2024

TIME - block	SATURDAY June 22nd - 2024	SUNDAY June 23rd - 2024	MONDAY June 24th - 2024	TUESDAY June 25th - 2024	WEDNESDAY June 26th - 2024	THURSDAY June 27th - 2024	FRIDAY June 28th - 2024	SATURDAY June 29th - 2024
		DAY 1 Subject to Change	DAY 2 Subject to Change	DAY 3 Subject to Change	DAY 4 Subject to Change	DAY 5 Subject to Change	DAY 6 Subject to Change	
06:30 - 8:00			06:30 - 8:00 Morning Pilates & Meditation by Marjon (Beach @ good weather)	06:30 - 8:00 Morning Yoga & Meditation by Maartje (Beach @ good weather)	06:30 - 8:00 Morning Pilates & Meditation by Marjon (Beach @ good weather)	06:30 - 8:00 Morning Yoga & Meditation by Maartje (Beach @ good weather)	06:30 - 8:00 Morning Pilates & Meditation by Marjon (Beach @ good weather)	
8:00 - 9:30			8:00 - 9:30 Self serving Breakfast Buffet	8:00 - 9:30 Self serving Breakfast Buffet	8:00 - 9:30 Self serving Breakfast Buffet	8:00 - 9:30 Self serving Breakfast Buffet	8:00 - 9:30 Self serving Breakfast Buffet	
9:30 - 13:00		12:00 - 17:00 Arrival Guests & Free time	10:30 - 13:00 Opening Circle w/ Amantha Murphy				Free time OR Book a massage private session Slot 1: 09:45 - 10:45 Slot 2: 11:00 - 12:00	
13:00 - 14:30	House opens at 4PM for Staff		13:00 - 14:30 Self serving Lunch Buffet	Excursion w/ Marjon (There are 2 options to be finalized by the latest in May 2024) OPTION 1: O'CONNORS TREKKING & HORSE RIDING OPTION 2: SLAY HEAD DRIVE	Visit, Tour & Lunch at GORTBRACK ORGANIC FARM	Excursion w/ Marjon TORC MOUNTAIN NATIONAL PARK PEAK HIKE & WATERFALL	12:30 - 13:15 Closing Circle w/ Marjon	Staff needs to vacate house at 11AM
14:30 - 16:30	ARRIVAL STAFF/ TRAINERS		Free time OR Book a massage private session: Slot 1: 14:30 - 15:30 (M&M) Slot 2: 15:45 - 16:45 (M)				14:00 - 16:00 Departure Guests (House closes at 4PM.)	DEPARTURE STAFF/ TRAINERS
17:30 - 18:30		17:00 - 17:45 Guest Orientation tour thru the house & house rules	17:00 - 18:15 Guided Evening YIN YOGA session with Maartje	Free time OR Book a massage private session Slot 1: 17:00 - 18:00 Slot 2: 18:30 - 19:30	Free time OR Book a massage private session Slot 1: 17:00 - 18:00	14:00 - 18:30 Cooking workshop Maja Dinner Buffet		
18:30 - 20:00		18:00 - 19:30 Welcome soup & snacks	18:30 - 20:00 Self serving Dinner Buffet	Dinner on your own/ at the house or 'Out'	18:30 - 20:00 Self serving Dinner Buffet	19:30 - 23:00 DANCE, MUSIC, SINGING CIRCLE, DIPPING IN THE SEA CLOSING CEREMONY CELEBRATION EVENT		
20:00 - 21:30		Beach walk	Free time	Beach walk	Free time OR Book a massage private session: Slot 2: 20:00 - 21:00			

TUESDAY June 25th - 2024 DAY 3
 DEPARTURE HOUSE: 10:00 SHARP
 OPTION 1: O'Connors Trekking and Horse riding
 OPTION 2: SLAY HEAD DRIVE

WEDNESDAY June 26th - 2024 DAY 4
 DEPARTURE HOUSE: 10:00 SHARP
 TOUR: GORTBRACK FARM
 PART 1 TOUR: 10:30 - 13:00
 LUNCH: 13:00 - 14:00

THURSDAY June 27th - 2024 DAY 5
 DEPARTURE HOUSE: 10:00 SHARP
 TOUR: TORC MOUNTAIN PEAK HIKE & TORC WATERFALL: 3 HRS
 BRING YOUR OWN LUNCH FOR PICNIC (PREPARE AT HOUSE)
 DEPARTURE PARK: 15:45