

# Memento bodyworks

PILATES STUDIO | BODY THERAPY | PERFORMING ARTS

## RESET & INSPIRATION WEEK IRELAND | JUNE 21st THRU JUNE 28th 2025

TIME - block	FRIDAY June 20- 2025	SATURDAY June 21st - 2025	SUNDAY June 22nd - 2025	MONDAY June 23rd - 2025	TUESDAY June 24th - 2025	WEDNESDAY June 25th - 2025	THURSDAY June 26th - 2025	FRIDAY June 27th - 2025	SATURDAY June 28th - 2025	
		DAY 1   <a href="#">Subject to Change</a>	DAY 2   <a href="#">Subject to Change</a>	DAY 3   <a href="#">Subject to Change</a>	DAY 4   <a href="#">Subject to Change</a>	DAY 5   <a href="#">Subject to Change</a>	DAY 6   <a href="#">Subject to Change</a>	DAY 7   <a href="#">Subject to Change</a>	DAY 8   <a href="#">Subject to Change</a>	
06:30 - 8:00	House opens at 4PM for Staff  ARRIVAL STAFF/ TRAINERS		06:30 - 8:00 Morning Movement & Pilates session by Marjon	06:30 - 8:00 Morning Movement & Pilates session by Marjon	06:30 - 8:00 Morning Movement & Pilates session by Marjon	06:30 - 8:00 Morning Movement & Pilates session by Marjon	06:30 - 8:00 Morning Movement & Pilates session by Marjon	06:30 - 8:00 Morning Movement & Pilates session by Marjon	06:30 - 8:00 Morning Movement & Pilates session by Marjon	
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	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	Excursion HORSEBACK RIDING MAHAREES DEPARTURE HOUSE: 10:00 SHARP 	Excursion GORTBRACK ORGANIC & BIODIVERSITY FARM DEPARTURE HOUSE: 10:00 SHARP 	DAY OFF OR Book a Massage / Private session: Slot 1: 11:00 - 12:00 Slot 2: 13:00 - 14:00 Slot 3: 15:00 - 16:00 Slot 4: 17:00 - 18:00	COOKING Excursion w/ MAJA DEPARTURE HOUSE: 10:00 SHARP 	Free time OR Book a massage   private session: Slot 1: 10:00 - 11:00 Slot 2: 12:00 - 13:00	11:00 - 12:30 Sharing circle	
13:00 - 14:30			Beach walk	15:00 - 16:30 Self serving Brunch Buffet	17:15 - 18:15 Sharing circle	17:15 - 18:15 Sharing circle	14:00 - 18:30 Cooking workshop & lunch/dinner with Maja	Excursion SLEAHEAD DRIVE or TORC MOUNTAIN HIKE or DINGLE WAY HIKE DEPARTURE HOUSE: 13:30 SHARP 	12:30 - 13:15 Circle w/ Marjon	Closing
14:30 - 16:30			Free time OR Book a massage   private session: Slot 1: 13:30 - 14:30 Slot 2: 15:15 - 16:15	Free time OR Book a massage   private session: Slot 1: 17:00 - 18:00 Slot 2: 19:00 - 20:00	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	18:30 - 19:30 Sharing circle	Dinner on your own/ at the house or 'Out'	14:00 - 16:00 Departure Guests closes at 4PM ) (House
17:30 - 18:30		17:00 - 17:45 Guest Orientation tour & house rules	17:15 - 18:15 Sharing circle	20:00 OPENING CEREMONY midsummer solstice CAMPFIRE 	Free time	Beach walk	Free time	19:30 - 23:00 DANCE, MUSIC, SINGING CIRCLE CLOSING CEREMONY   CELEBRATION EVENT 	CLOSING w/ staff	
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	Dinner on your own/ at the house or 'Out'	18:30 - 20:00 Self serving Dinner Buffet	18:30 - 19:30 Sharing circle	Dinner on your own/ at the house or 'Out'	CLOSING w/ staff
20:00 - 21:30		20:00 OPENING CEREMONY midsummer solstice CAMPFIRE 	Free time	Beach walk	Free time	Free time	Free time	Beach walk	19:30 - 23:00 DANCE, MUSIC, SINGING CIRCLE CLOSING CEREMONY   CELEBRATION EVENT 	CLOSING w/ staff