



Laughcrew Estate
County Meath

Retreats Venue Hire



*Peace &
tranquillity await..*

Loughcrew Estate will be the perfect setting for your retreat in Ireland. Not only does it have beautiful practice spaces and luxury accommodation, it is also close to the ancient megalithic Loughcrew Cairns - known as Sliabh na Cailleach - and is only a 1 hour drive from Dublin airport.

Many groups already use Loughcrew as a place to become grounded and rejuvenated. It enables them to get close to nature and step out of their lives as they know them, before stepping back in more deeply.

So, whether you want to host or attend a yoga, meditation, spiritual or walking retreat, or other health and wellness retreat - Loughcrew provides the perfect backdrop for your journey.

Host A Retreat at Loughcrew

There are so many reasons you should host a retreat at Loughcrew. Not only will you be in a secluded, enchanting location, you will also have full use of the beautiful house, apartments and courtyard buildings - which include practice spaces.

The indoor practice spaces at Loughcrew include the sitting room within the main house, and characterful function rooms within the courtyard. Outside, there are six acres of historic gardens, which boast stunning vistas and extensive lawns for you to use for your practice and enjoy during your free time.

Hosting a retreat at Loughcrew will mean you can either teach or lead your own practice or invite guest teachers/leaders. You will also be able to plan other activities and entertainment for the duration of your stay could be part of your practice or work in harmony with it. The team here can help with suggestions and arrangements of extra activities. For example, life drawing, clay sculpting, floral wreath making and a vintage style afternoon tea have been organised in the past. Guided walks around Loughcrew Estate, a pamper evening, massage sessions, a gilding demonstration or cookery demonstration could also be possible options.

Loughcrew will provide up to 30 guests with luxury accommodation within the main house and apartments. Extra guests can be accommodated but will need to be discussed. Glamping within the grounds can be arranged for as an alternative option.

During your retreat will be able book a catering company to suit your retreat and have with full use of a commercial kitchen. There is also plenty of communal dining space and we have a coffee shop on site.

Loughcrew welcomes all kinds of retreats so just get in touch if you have an idea you would like to turn into reality. You will also receive help from Loughcrew's owner Emily and her team in planning your retreat and during your stay.



Retreats Exclusive Venue Hire



The sacred cairns close to Loughcrew, upon the Loughcrew Hills, are the perfect place to deepen the practice of connection, understanding and gratitude. They are the largest complex of passage graves in Ireland and are shrouded in myth. Many of them have interior stone carvings and they sit among other spiritual monuments, including stone circles, henges, standing stones, Iron Age forts, and the remains of a cursus (a ceremonial entrance way).

The Spring Equinox and Autumn Equinox, Summer Solstice and Winter Solstice are particularly special times here because these ancient passage tombs gain energy.

Fore Abbey, The Hill of Uisneach and The Hill of Tara are other spiritually important places nearby. You can use Loughcrew House as your hub for daily practices, dining and getting your well deserved rest, then travel around during the day to these special places. We can help to arrange tours and transport if required.

Shiva Rea Retreats

Global yoga teacher and movement alchemist Shiva Rea hosts an incredible annual retreat at Loughcrew Estate. Shiva is the founder of Prana Vinyasa and global school for living yoga. She enjoys deepening her practice and experience in many countries but loves to visit Ireland to gain insights into about the mythology, ritual and history of this ancient land.

Shiva has been invited to Loughcrew Estate by Kate Smith Jamison (The Yoga & Ayurveda Clinic) and Eleanor Steane (Flow Studio Belfast) to teach during a 4 day retreat since 2019. Joined by her beloved partner Demetri, Shiva leads Art of Namaskar and Prana Danda Dharma practices, amidst the healing sounds of Anne Malone. Shiva and Demetri lead their sessions within Loughcrew's function rooms as well as at the ancient stone circles and passage tombs upon the Loughcrew Hills.

Shiva also provides optional yoga teacher training certified by the Yoga Alliance during her retreats at Loughcrew. Find out more about the retreats she leads at Loughcrew here: www.shivareairelandretreats.com. In addition, you can find out more about her on her website: www.shivarea.com. She has also written a book: *Tending the Heart Fire: Living in Flow with the Pulse of Life* and spoke at TEDx in Malibu.

You can find out more about her on her website:
www.shivarea.com.

"Finding Emily's beautiful family estate was perfect, not least because of its close proximity to the sacred Cairns, but also Emily's own spirituality and love of yoga. Aside from the staying in such a beautifully historic home, we were so well looked after by Emily and Dermot and their wonderful staff from bringing us fresh flowers every to our yoga practice space, to helping plug in electric cars! We used outside caterers because of the size of our group and Emily's staff supported us so well in this and all housekeeping matters. The house is wonderfully cosy, with stunning and well appointed rooms, and also lovely group spaces and beautiful grounds so those on retreat are able to bond with new friends but also have their own time to themselves. We cannot wait to return to this divine spot in 2020 and be hosted in Emily and Dermot's care and help others enjoy the goddess energy of this land weaved with Shiva's yoga movement meditation."

Kate Smith Jamison



Yoga & Meditation

Learn or advance your yoga or meditation practices by attending a retreat here at Loughcrew. It will enable you to feel restored, nourished and revitalised - after all you can't pour from an empty cup.

The social spaces at Loughcrew will mean you are sure to make friends as you eat and relax together, while the warm, peaceful practice spaces, inside and out, will enable you to become connected to yourself again. Furthermore, practicing yoga and meditation in a new location creates a more enlightening experience as you gain new perspectives and understanding.

Just imagine yourself meditating by the tinkling water feature within the garden, focussing on a rolling hill behind Loughcrew House as you balance in warrior one or perfecting your headstand next to a 5,000 year old cairn.

Just get in touch if you would like to host or



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attend a yoga or meditation retreat at Loughcrew.

Health & Wellness Breaks

Our daily routines mean we often don't realise when we are becoming run down. This is why it is important to take a few days away once in a while and reassess how we are feeling. This is why we encourage people to host and attend Health and Wellness breaks at Loughcrew.

If you would like to host Health and Wellness retreat at Loughcrew why not plan it with the four pillars approach of exercise, good diet, restorative beauty and relaxation as the focus? The team at Loughcrew can help to arrange arrange cookery demonstrations or specific caterers along with activities which might enhance the experience. What's more there is plenty of space for workouts and even a tennis court, as well as plenty of calm spots throughout the accommodation and within the grounds for relaxation. However, if you would like to host a more specific health and wellness retreat such as Ayurveda or Reclaiming the Soul please do get in touch too.



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Walking Getaways

There are many reasons to host a walking retreat. Being in the great outdoors and the rhythm of footsteps helps to slow and focus a whirring mind and promote deeper thinking. It also helps to improve communication and boost confidence. Walking side by side with friends or strangers, while enjoying stunning scenery, helps people open up and creates lasting relationships too.

Hosting or attending a walking retreat at Loughcrew will be an unforgettable experience. During the winter you can come back to warm fires and cosy sofas, and in the summer you can stretch out in the garden and watch the sun drop behind the hills. Crucially there are plenty of great routes you can take within County Meath (Ireland's heritage capital) including within the Boyne Valley and along the Loughcrew Hills. Two things are guaranteed, fresh air and gorgeous vistas. Make sure you check out Meath's County Council website for more details on trails around Loughcrew.

If you choose to host a walking retreat at Loughcrew you could also add an extra focus, whether it be on mindfulness and meditation or include spiritual or educational elements. Activities and treats can be arranged too. You will have all the freedom and help you need at Loughcrew.



Creative

Combine a hobby and a holiday by attending a retreat here at Loughcrew Estate, or take up the opportunity to host a retreat to teach others your creative skills. Whether you are a writer, a musician, a painter, artist or actor, Loughcrew provides the perfect setting for you to meet like-minded people and practise together.

The gardens will provide plenty of natural inspiration for painters and the reception rooms are a tried and tested intimate opera space. Furthermore, there is plenty of room for group sessions and lectures, as well as many quiet, comfortable places to use for writing. The views of the surrounding countryside from the house and courtyard will provide a welcome break for weary eyes, and the ability to wander through the Estate grounds will be sure to get those creative thoughts flowing.

The Ramor Theatre is in the nearby village of Virginia will provide a perfect trip out during your creative retreat at Loughcrew– exhibitions as well as plays, music and comedy can be seen here.



loughcrew.com

Book A Viewing

Private Tour

“We chose Loughcrew to host the very first of our Reset weekend retreats. All the staff at Loughcrew were really accommodating, friendly and helpful and made both us and our guests feel at home at Loughcrew. It felt like a little home away from home for the weekend. We would highly recommend Loughcrew as a private venue for any occasion.” Lauren, The Reset

Viewings are on an individual basis.

To arrange a personal viewing with our events coordinator.
Call +353 049 8541356.



Loughcrew Estate

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+353 49 8541356 | info@loughcrew.com | www.loughcrew.com