

*Mystical Wellness Retreats  
by Elysium Getaways*

# *Celtic Inspired Weekend*



Spacious cottage in Barmouth,  
Snowdonia, Wales.

Friday 28th to Sunday 30th  
March 2025

Accommodation  
Meals & Activities plus a  
relaxing therapy included.

The charming cottage has 6  
bedrooms, large lounge, large  
dining room,  
games room,  
a range of bedroom options and  
a family kitchen with a dining  
area that seats 12 guests.



*(Bonus option for an extra nights stay).*



# Mystical Wellness Retreat

An invitation to join a small group relaxing getaway in Wales.  
Friday 28th to Sunday 30th March 2025

The cottage has 6 bedrooms, large lounge, large dining room, a range of bedroom options and a family kitchen with dining table to seat 12 guests.



## The Mystical Wellness Package

- 2 nights accommodation in cottage in Barmouth, Snowdonia, Wales.
- Meals and refreshments - including 2 evening meals dining out at a nearby pub /restaurant.
- Group wellness activities and relaxing crystal meditations with Celtic inspired themes.
- One personal relaxing therapy per guest (Reiki & Crystal Therapy or Access Bars Reset)
- Free time to explore the beach and local town, 10 minutes walk.

Bonus - Use of the crystal heated bio bed for self healing treatments.

Bonus - Option for a 3rd night stay with free time (self-catering).

2025 Residential Experience  
Barmouth, Snowdonia, Wales



# *Elysium Getaways Spring Retreat*

## *March 28th-30th, 2025*

### *Barmouth, Snowdonia, Wales*

Retreat Schedule - subject to change

#### **Friday, March 28th**

4:30 PM: Welcome Reception – Settle in at the cottage with a warm welcome drink.

7:00 PM: Opening Dinner – Savor a delightful meal with your retreat companions.

9:30 PM: Unwind with a gentle guided meditation to ground and center your energy.

#### **Saturday, March 29th**

- Continental Breakfast
- 9 AM: *Opening to Awen Meditation* – Envoke “Awen,” the Celtic spirit of inspiration, in a peaceful contemplation of creative energy.
- 11 AM: Creative Crystal Grids & Mandalas – Tap into mindful manifesting with Julia's workshop on creating energy-filled crystal grids and mandalas.
- 1 PM: Lunch & Reflection – Delight in a nourishing lunch and quiet self-reflection time.
- 3 PM: Earth Energy Healing Circle – Connect with the healing energies of nature during an outdoor earth-healing ritual (please bring comfortable outdoor wear).
- 7 PM: Dinner Outing – Enjoy a group dinner experience at a local pub restaurant.
- 9.30 PM: Evening Gathering & Group Share – Join the circle for meaningful Q&A, personal reflections, and shared insights.

#### **Sunday, March 30th**

- Continental Breakfast
- 9 AM: Celtic Goddess Meditation – Connect to the healing energies of Celtic goddesses through a guided meditation with Julia, opening your heart to inspiration and balance.
- 11 AM: “Know Thyself” Intuitive Oracle Reading – Deepen self-awareness with an oracle card reading session led by Julia and Nicky, designed to illuminate your path.
- 1 PM: Lunch & Reflection – Delight in a nourishing lunch and quiet self-reflection time.
- 2 PM: Sound Healing Introduction – Experience the healing power of sound in this shamanic interactive group experience.
- 3.30 PM: Celtic Earth Healing – Join Julia and Nicky for a final energy healing session to ground and integrate your weekend experience.
- 4.30 PM: Closing Ceremony – Reflect, share, and celebrate your journey before departure.



# *Elysium Getaways Spring Retreat*

## *March 28th-30th, 2025*

### *Barmouth, Snowdonia, Wales*

Awaken your spirit, connect with nature, and immerse yourself in healing practices at this wonderful property in picturesque Barmouth.

A Transformative Journey to Inner Peace and Inspiration. Connecting with a small group of like minded spiritual souls.

Leave behind the hustle and bustle for a weekend designed to nourish your soul. Each carefully curated session is crafted to deepen your connection to self and spirit, blending meditation, creative expression, and sacred energy work.

#### 💰 Pricing Options:

- Twin Room (shared): £300 per person
- Private Room: £400 to £450 per person

#### 🌿 What's Included:

- Accommodation in a beautiful cottage (room options available)
- One tailored holistic therapy per guest
- Daily meditations with crystal healing and Celtic Awen inspiration
- Group craft activities or time to unwind in peaceful surroundings
- Delicious meals, including two dinners at a nearby pub restaurant

#### Optional extra:

Stay Sunday night and enjoy free time to rest or explore the local area.

Please note no meals or activities will be prepared.

You are welcome to use the facilities and self cater for the additional night.

