

# Imbolc - New Beginnings

February 4, 5, 6



The ancient festival of Imbolc marks the centre point of the dark half of the year. Following the darkness of midwinter it is the season to prepare for growth and renewal. It is a time to remember that deep in the earth lie the dormant seeds of new life and creativity which will soon be making their way upwards and outwards. **'New Beginnings'** takes its inspiration from Imbolc and gives you the chance to seek out those seeds of creativity and to start thinking and planning for the new year ahead.

Cost includes 2 nights B&B, 1 Dinner and a light lunch on Saturday and Sunday. Also included is transport to and from your hotel to all locations.

The Massage and Reflexology sessions on Sunday morning are optional and must be prebooked in advance.

## Itinerary

### Friday 4<sup>th</sup> February

Arrive in Oldcastle & Welcome

Enjoy a meal in your hotel or visit some of the friendly and atmospheric pubs in the town.

### Saturday 5<sup>th</sup> February

10am Imbolc – Lore, Legend and Customs  
An introduction to the ancient festival of Imbolc, the first Cross Quarter Day of the year

11.am Nature Walk in Mullaghameen Woods  
or  
Photography field trip

1- 2pm Lunch

2.30pm Visit to Sheridans Cheesemongers & local artisan food market

5.00pm Return to Hotel

8.00pm Dinner

### Sunday 6<sup>th</sup> February

10.00am Optional treatments available: Massage & Reflexology/Walk to Cairns at Loughcrew

12.30pm Lunch

1.30pm Art Workshop  
Or  
Creative Writing Workshop

4.00pm Tea/Coffee and goodbye till next time!

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**HISTORY - CULTURE - TOURS - WORKSHOPS**

