

## 25 September - 21 October

This four-week gentle retreat balance speakers, sessions, reflective time. Participants will be led on a journey to explore restful practices, have access to spiritual direction, and be provided thoughtful materials for contemplation and renewal. Weekends will be free for participants to immerse themselves in the local community and Irish culture. Mercy International Centre is located in the heart of Dublin city centre with easy access to quiet parks and green spaces.

## What's included

Residential: €4250

The cost includes accommodation at Baggot Street and all meals. Stipends are provided for occasional dinners out. Participants will receive a welcome packet with a prepaid transportation card, visitor passes to local museums, and information for day trips to Irish and Mercy heritage sites. An optional pilgrimage to Knock Shrine is included.



