

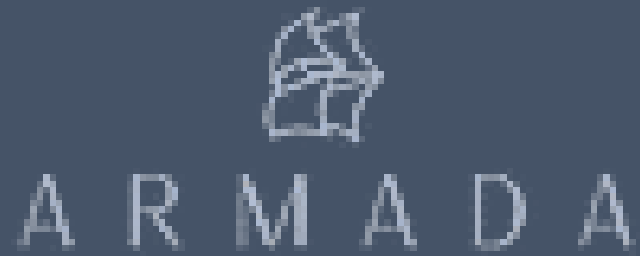


# Soul Space Irish Retreat 'I Am, I Can, I Will'



**IMMERSE YOURSELF IN THE MAGIC OF THE WILD ATLANTIC WAY  
REFLECT, RECHARGE, AND REIGNITE YOUR SPARK**

JOIN US FOR AN UNFORGETTABLE EXPERIENCE AT SOUL SPACE IRISH RETREAT, 'I AM, I CAN. I WILL' HOSTED IN THE BREATHTAKING **ARMADA HOTEL** ON THE ICONIC WILD ATLANTIC WAY.



Join Miriam and Gerry Hussey for an empowering and transformative experience, surrounded by the energising beauty of Ireland's west coast and supported by a community of like-minded individuals, you'll engage in outdoor activities, yoga, meditations, inspirational talks, and moments of deep reflection.

This is your chance to reignite your spark, recharge your energy, and step into the best version of yourself in a setting designed to motivate and uplift.



**SUNDAY, MARCH 23RD - WEDNESDAY MARCH 26TH 2025**

[www.soulspace.ie](http://www.soulspace.ie) | [www.gerryhussey.ie](http://www.gerryhussey.ie)

**SOUL  
SPACE**

THE EXPERIENCE

## WHAT THIS TRANSFORMATIVE SOUL ENRICHING RETREAT CONTAINS;

Breakthrough workshops hosted by Ireland's leading health and performance duo Miriam and Gerry Hussey, to help you create an empowered mindset, manifest your dreams, breakthrough self limiting beliefs and doubts, cultivate greater health and vitality and awaken your power within.



- Pre retreat virtual masterclass to prepare mind and body for this immersive experience.
- Immersive yoga, breathwork and movement workshops.
- Deep healing and soul replenishing meditations.
- Sunrise beach and clifftop activation sessions.
- Soul Sanctuary Sessions.
- Time off to recuperate, refresh, and relax.
- Bask in the beautiful settings of the Wild Atlantic Way and explore the stunning surrounds.
- Beautiful Sea View hotel experience
- Post retreat virtual masterclass to check in, follow up and integrate.

**SOUL  
SPACE**  
THE EXPERIENCE



# WORKSHOP TITLES



## Workshop 1:

**Embrace the Adventure; Initiating Your Journey of Self Discovery and Growth;**

- Cultivating Presence and connection.

## Workshop 2:

**Release and Relax**

- Stretch, Destress, move and breathe
- Arrival & Alignment

## Workshop 3:

**Evening Reflection & Recuperation**

- Candlelit Yoga Nidra
- Zen Sleep Meditation

## Workshop 4:

**Cultivating a Powerful Mindset of I AM, I CAN, I WILL**

- Morning motivation workshop

## Workshop 5:

**Morning Flow & Glow**

- Breathwork
- Movement
- Meditation

## Workshop 6:

**Nurturing Your Vitality**

- Detective of the Soul
- Mind - Body connection
- Integrative health, Gut Health, Lifestyle Medicine
- Personal Wellbeing assesment

## Workshop 7:

**Living with Ease and Authentic attraction**

- Embracing the surrender - letting go and finding Peace

## Workshop 8:

**Parasympathetic Awakening**

- Yoga Nidra
- Deep rest meditation



## WORKSHOP TITLES

### Workshop 9:

**Reset the voice  
within,  
Rewire for Success**

- Morning motivation and activation

### Workshop 10:

**Morning Ocean beach  
activation**

- Box, Breathe, Be
- Ocean Flow

### Workshop 11:

**Heart Centered Healing  
- Releasing  
Subconscious Patterns**

- Powerful small group coaching to unlock current blocks / issues

### Workshop 12:

**Design Your Destiny  
Creating your  
personal blueprint**

- Goal setting
- Visualisation
- Manifestation

### Workshop 13:

**Sacred Farewell**

- Soul Sanctuary Closing Ritual Ceremony

### Workshop 14:

**Integration and Q & A**

- Key pillars to integrate and apply retreat key principles into your daily life



# SOUL SPACE

THE EXPERIENCE



In addition to the already incredible material,

Miriam and Gerry will be hosting not one,

*but two virtual masterclasses,*

*one pre retreat and the second post*

for all attendees to ensure you get the most

from this investment.



## YOUR STAY

The Armada Hotel, located in the picturesque Spanish Point, County Clare, is a haven of natural beauty and warm hospitality along Ireland's iconic Wild Atlantic Way. Perched on the rugged coastline, the hotel boasts breathtaking views of the Atlantic Ocean, where the sound of waves crashing against the shore sets the tone for a truly tranquil escape.

**SOUL  
SPACE**

THE EXPERIENCE

## Dining

Dining at the Armada Hotel is a feast for the senses, offering a truly authentic taste of Ireland's west coast. With an emphasis on locally sourced, seasonal ingredients, the hotel's menus celebrate the rich culinary heritage of County Clare. From fresh seafood caught in the Atlantic to artisan produce from local farms, every dish is crafted with care and creativity.





# YOUR DESTINATION



The Armada Hotel, Spanich Point. Co. Clare



## ACCOMMODATION

Wake up with the sound & sights of the ocean to nourish your senses.

Each room is uniquely designed, featuring simple fabrics and furnishings crafted by local artisans. The interiors reflect the natural surroundings, incorporating elements like seascape wallpaper, handwoven tweed blankets, and locally sourced seaweed-based toiletries.

Choose between a single adult room  
or a shared room



**SOUL  
SPACE**  
THE EXPERIENCE

# INVESTMENT

A luxury experience with Ireland's leading performance and wellbeing coaches Miriam and Gerry Hussey.

Four days of incredibly life changing and powerful coaching.

- Immersive workshops.
- Daily Mind, Body and Soul activations.

Deluxe Room (share occupancy)  
€1945 per person

Deluxe Room (single occupancy)  
€2255 per person

# PAYMENT OPTIONS

## Option 1

50% payment on booking, remainder to be paid by February 28th 2025

## Option 2

Payment in full.

SINGLE ROOM | ONE ADULT  
€2255

SHARED ROOM | ONE ADULT  
€1945



SOUL  
SPACE

THE EXPERIENCE



SOUL SPACE THE RETREAT

LET'S AWAKEN,  
INSPIRE AND IGNITE

Are you ready to join us on this once in a lifetime five star, life changing experience?

Whether you have been on a Soul Space Retreat before or this is your first experience - YOU are in for SOMETHING truly different, special and transformative

A gift to your Soul, we look forward to welcoming you all.

*Gerry & Miriam*

---