



Martinstown

SPIRITUAL RETREAT



- ❖ Natural Healing Therapies ❖ Kinesiology, Reflexology, Massage, Reiki, IET, Life Coaching
- ❖ Classes - Meditation, Spiritual Growth ❖ Meditation Retreats, Angel Retreats, Journey Inwards Workshop
- ❖ Courses & Diploma's - Advanced Healing Programme, IET, Reiki, Touch for Health, Kinesiology

SPIRITUAL AWARENESS,
HEALING, A NEW WAY OF
RELATING TO LIFE AND SELF

Martinstown Holistic Centre, The Curragh, Co. Kildare, Ireland

A SANCTUARY FOR THE SOUL



To feel loved. In essence that is what you will feel when you leave Martinstown. We hold a sacred space for you, a sanctuary for silence, peace and to journey inwards.

Your experience here is hugely related to nature - walking and being in nature, with nobody around to disturb you. Meditating outside, walking outside, people will find themselves, their truth and be totally nurtured.

It is the sincerity of the people at Martinstown Spiritual Retreat that makes it stand apart, where nothing is compromised. It is a place where real healing takes place. Sinead and the team are real mentors - everybody who works here are on their own unique journey and bring such an array of gifts and talents. It is a truly organic experience, a live experience where you may even do the same workshop twice but each time it is so different as each mentor works uniquely with the energy of the group.

Everybody is channeled. Martinstown Spiritual Retreat is about Service. We create a blueprint of service - everyone who experiences Martinstown Spiritual Retreat will bring home the energy and essence of the place so they live it on a daily basis, in their own lives. It's like we plant the seed and that seed grows in you.

The retreat is all about nurturing and you can come back to the sanctuary at any time to be nurtured, receive healing or go to the next level. Whatever workshop you are drawn to is perfect for you. We each have a heart brain. During your experience here, we will invite you to enter into that silence and connection with your heart. This allows you to be channeled and to manifest whatever you would like in your life. It is like a seed that keeps on transforming into different aspects of you, mimicking the cycle of life. This happens so that you can learn to be in the present moment and aware of whom you really are.

We offer tasters of connecting with spirit and offer advanced healing courses for those who are deep into this way of life.

Natural healing Therapies

Journey Inwards

This is Sinead's own journey inwards experience and includes Geometric shapes, Etheric crystal and divine channelling of different masters, angels and guides, to access the inner wisdom of the body to heal itself.

Reiki & Seichem

Reiki and Seichem is for anyone looking for a safe, non-intrusive, powerful catalyst for healing old emotional issues that are causing anxiety or physical illness. During a treatment, universal life force energy is channelled to bring balance and healing to the body on all levels.

Integrated Energy Therapy (IET)

IET is a powerful energy therapy system using divine angelic energy to provide a simple and gentle way to open the flow of vital life force within the human body and energy field, by releasing suppressed feelings from cellular memory.

Kinesiology

Kinesiology is a holistic touch therapy that links the tradition of Chinese acupuncture meridians and energy balancing with Western muscle testing, anatomy and physiology. It is a gentle, non-invasive therapy and can be used to help in the treatment of all types of problems.

Reflexology

Reflexology is a complementary therapy, which works on the feet to assist in restoring homeostatis to the whole person not just the prevailing symptoms.

Aromatherapy Massage

During an aromatherapy massage treatment, a consultation establishes what symptoms the person is experiencing and the most suitable oil blend for the treatment.

Rebirthing – Cellular Healing

Cellular healing is based on a technique called conscious connected breathing. The aim of this treatment is to gently let go of blockages in the body resulting in an integration of energy.





Retreats & Workshops

Relaxation & Meditation Retreat

This Retreat has a theme about self love and how to connect inwards in a deep and spiritual way. The day is a journey of self discovery and peace that will leave you feeling energized and at one with yourself.

Angel Retreat

During this Retreat, you will meet and work with the healing angels of the energy field. The healing angels bring a unique gift of healing and are delighted to offer you these healing gifts. You can call upon these angels whenever you need healing support personally, for family & friends or to add a special spiritual dimension to your sessions as a therapist.

Tibetan Eight Energy Workshop

This workshop introduces you to Tibetan Energy flow corrections which have been known to relieve a great amount of pain, discomfort and low energy problems to improve those energy levels. It is a very powerful energy experience that can be used on self, family or to add to your sessions as a therapist.

Journey Inwards Workshop

This is a 1 day introductory workshop and can be combined with a one to one session which enables each person to come into alignment with their mission in this lifetime. It brings people into a deep centeredness within themselves, a process which unlocks them from the past and future to truly live the joy of the present.

Key to Life Program

The "Key to Life Program" will give you the opportunity to create time and space just for you; to think, create, explore, develop your personal goals and achieve them.

Classes

A schedule of day, weekend and evening classes are available on our website www.martinstownholistics.com

Meditation

Weekly meditations are for people wishing to increase their awareness of themselves and experience the power of creating their own reality.



Spiritual Growth Group

The demands in our schedules for balance are often challenged by work, family and other commitments. The Spiritual Growth Group at Martinstown is an opportunity for inward reflection and taking time out to read and discuss spiritual books.

Reiki/IET Share Nights

We all need the opportunity to practice our IET & Reiki skills in a supportive environment. On these nights there will be an opportunity to give and receive an IET or Reiki session and share experiences.

Touch for Health Practice Nights

This is Touch for Health in a supportive environment, available to all students of Touch for Health to help you integrate it into your practice and personal life.

Courses and Diplomas

All courses and Diplomas at the centre are certified. Full details of our courses are available on our website or directly from the centre.

Advanced Healing Programme

This program is all about: trusting your inner gifts, trusting your ability to channel the divine, angels or spirit guides, trusting yourself to be a vessel for love. This course combines a variety of techniques including understanding the anatomy of the spirit and accessing the inner wisdom of the body to heal itself.

Integrated Energy Therapy

Level 1, 2 & 3

Attunement into the Integrated Energy Therapy ray. Working with angelic light to identify and release deeply suppressed feelings and core cellular memory, interpreting the blockages of the human energy field and learning soul clearing.

Reiki

Level 1, 2 & 3

The ancient art of natural healing where you are opened to the universal life force energy earth ray, learning of Reiki Healing symbols and the teaching of Reiki.

Kinesiology Foundation course

Touch for Health 1-4

This course focuses on using muscle monitoring to assess and correct imbalances in the body's different structures.

Kinesiology Diploma

This is for people who have completed the Touch for Health foundation course and wish to become a professional Kinesiologist.





Schedule of Activities

A full schedule of activities at the centre is available online at www.martinstownholistics.com.

Making a Booking

A booking can be made by calling the centre on 045 442153, emailing: info@martinstownholistics.com

Or by simply filling in the booking form attached to the brochure and returning to us in the post.

Renting a Room

The centre has a number of soothing & tranquil therapy and workshop rooms which qualified and registered therapists can hire at reasonable rates. For more information on room hire rates or to hire a room please contact the centre on 045 442153.



Location

Martinstown Spiritual Retreat nestles in the Kildare countryside on a farm and is a place of great peace and tranquillity, The Centre is readily accessible from the M7. Take exit 12 and travel through the Curragh Camp and go straight through Brownstown Cross. Take left at 2nd crossroads (Farrell's Cross) and take right turn when you reach Vaughan's/Bush Shop. Travel 1 mile down this road and the Centre is on the right. Travel time approx. 45 mins from Red Cow Roundabout.

For directions from other locations please visit www.martinstownholistics.com



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T: +353 (0)45 442153
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SPIRITUAL RETREAT

I wish to register for

Course/class title	<input type="text"/>
Course Level	<input type="text"/>
Course Date	<input type="text"/>
Total Amount	<input type="text"/>
Deposit*	<input type="text"/>

My Details

Name	<input type="text"/>
Address	<input type="text"/>
Contact Number	<input type="text"/>
Email address	<input type="text"/>
Occupation	<input type="text"/>

If you DO NOT wish to receive a quarterly newsletter from Martinstown Spiritual Retreat tick this box

To book online visit www.martinstownholistics.com

Payment Type

Cash** Cheque Draft Postal Order

By Cheque/Bank Draft/Postal Order

Please make payable to Martinstown Holistic Centre

By Credit Card

Please contact the centre directly



Most debit and credit cards accepted

** Please do not post cash

* A non refundable deposit of 25% is required to confirm your place on any course.

Booking Form