

@ciaralaceytherapies

Rebirthing Breathwork Mastery
retreat

Cabra lodge, Sligo, Ireland

Oct 9-11



- the spiral -

The spiral is one of our oldest symbols.

*It holds the truth of how we actually grow - not in
straight lines, but turning inward, returning, going
deeper.*

Each journey of the spiral brings us back to ourselves.

A black and white photograph of a hand reaching down to touch the surface of water. The point of contact creates a series of concentric ripples that spread outwards. The background is dark and out of focus.

The Journey

This is a retreat for those ready to stop pushing forward and start coming home.

Through gentle, conscious, connected breathwork, you'll move into deeper layers of yourself, meeting what's there with curiosity, presence, and compassion.

Not becoming someone new. Returning more fully to who you already are.

Weekend Flow



Four RBM Sessions

(approx 3.5-4hrs each) -

intention setting, breathwork, & integration

Intimate group experience -Highly supported



All Meals Included

•2 breakfasts • 2 lunches • 2 dinners

Plus teas, coffees & nourishing snacks



Optional Morning Practices

Grand Rising (gentle movement & body awareness
practice led by Ciara)

Fascia release & embodiment work led by Lou

Place of stay



Four self-contained, modern 2 bedroom Eco-cabins are set in beautiful, peaceful woodland, just a short walk down the path from the retreat centre itself, each one offering the perfect escape to serenity, comfort and privacy.

Delicious nutritious vegetarian meals each day, all prepared on site with locally grown ingredients.

Your guides



Ciara is a mother and RBM (Rebirthing Breathwork Mastery) practitioner.

Her own transformation through breathwork has deeply shaped her devotion to this work.

She supports people in coming back into relationship with their bodies through breathwork, holistic facial therapy, and internal restoration practices.

Ciara holds a warm, grounded, and intuitive space that honours each person's unique path toward greater connection and embodiment.

Her work is rooted in the belief that the body is the one true home we have, and in supporting people in returning to that place from within.

Your guides



Lou is a mother to four and a Rebirthing Breathwork Mastery practitioner.

When her daughter Honey was born and died in the same moment, the breath became what allowed her to stay with a grief that might otherwise have been unbearable. Rather than breaking her, it expanded her, beyond anything she could have understood.

Lou believes the breath and the body hold all of our answers. Her work is about illuminating the body, the breath, and our own inner knowing.

She holds a grounded, honest space that meets each person where they are, with no need to fix or rush anything.

For Lou, breathwork is a practice for intentional living, consciously choosing the life we want to live, and trusting the process that takes us there.

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*I am becoming who I was
always meant to be*

