



Join us as we embrace
nature, colour,
movement, connection
and a little bit of
magic.....

With Patricia Weldon &
Ruth Duffy

The Abundance of Autumn ~Retreat~

at Wellsprings Farm
in Tara, Co. Meath

20th September 2025
10am - 4pm

Take time to reconnect with nature &
yourself

Investment: €130 inc light vegetarian
lunch and refreshments

Book Now: info@ruthduffytherapy.ie /0861628793
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