



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**

Book Now: [info@ruthduffytherapy.ie](mailto:info@ruthduffytherapy.ie) /0861628793  
[patricia@rainbowsendclinic.com](mailto:patricia@rainbowsendclinic.com) /0868520623

Take time to reconnect with nature &  
yourself

Investment: €130 inc light vegetarian  
lunch and refreshments

This workshop is for you if you desire to:

- ***Connect***: reconnect with yourself and the peace and wisdom of nature.
- ***Cultivate*** a greater sense of self-awareness and inner calm.
- ***Set positive intentions*** for your well-being.

We will confirm the location on booking. Bring clothes and footwear for all weather!

***We look forward to welcoming you. Come as you are, with an open heart and a readiness to embrace the transformative blessings of this unique experience.***



Inner Gold