



READY FOR THE FUTURE?

# God, Guinness, & Girlfriends

"WAKING UP TO THE 2ND HALF OF YOUR LIFE"

This magical women's retreat will be equal parts storytelling, Celtic spirituality, yoga, music, writing, reflection, connecting, Guinness, and fun.

**OCTOBER 17-25, 2023**  
**KILKEEL & CULTRANORTHERN IRELAND**

*Join pastor & therapist, Christine Ruth, and yoga & meditation instructor, Carolyn Chaiko, and Irish writer & story activist Gareth Higgins on a retreat in Northern Ireland for women seeking to reignite their passion and purpose. Come "re-write" the next chapter of your life, inspired by the stories of new life and transformation in Northern Ireland.*

*Cost: \$3,300 (+ airfare)*



## *Wake up to the 2nd half of your life*

As your life's story unfolds, the transition to the next chapter can be disorienting. Whether you're newly single, a newlywed, a new parent, a new empty nester, newly divorced, newly menopausal, or facing any life change, there's no better place to make your shift than in the company of empowering women who want to help discover the newly emerging "you."

Come release what no longer serves you and rise to new possibilities as we hear stories, create relationships, lean into God's wisdom, deepen our souls, write new narratives, do some yoga, and explore the legacy of Northern Ireland and its invitation for our lives. This retreat will be equal parts storytelling, Celtic spirituality, yoga, music, writing, reflection, connecting, pilgrimage, and adventure.

- *Who's invited? Women 18 and up, seeking to co-create their next chapter.*
- *Do I have to do yoga? No, but you will love the slow pace of our stretches.*
- *Do I have to believe in God? Absolutely not, but we will do some spiritual, soul-work. All faith (or non-faith) orientations are welcome.*
- *Do I have to drink Guinness? No. We invite women in recovery and those who choose not to drink, for any reason, to fully participate in this retreat*

*Our Hosts: Married spiritual director and chaplain Pastor Brian Ammons & Irish writer and story activist Gareth Higgins*

**EMAIL: CHRISTINERUTHCOUNSELING@GMAIL.COM  
CAROLYNCHAIKO.YOGA634@GMAIL.COM  
FOR MORE DETAILED INFORMATION AND AN APPLICATION  
FORM GO TO WWW.IRELANDRETREATS.COM**