

## The Work Creative



### What is this retreat?

This retreat is called “The Work Creative”. It is a transformative weekend retreat that is usually held in nature, on a remote island, or a plane journey away – somewhere where you can plug out of your life and get time to look at where you are in your life, what is working for you, and what changes need to be made. These retreats are deeply life changing and have the power to bring new levels of peace, understanding, movement, action and transformation into your life. The approach used is Byron Katie’s method of inquiry (The Work) met with the soulful art of voice and song (Creative).

Through guided sessions of The Work with Dr Nadine Ferris France, vocal exploration, and live music from Irish artist and community worker Eimear Crehan, you will dive into self-discovery, freeing limiting beliefs and expanding creative expression. This unique experience blends personal inquiry with the power of singing, surrounded by the beauty and solitude of nature. You will have time to walk, swim, laugh, chat, find solitude, unplug, reflect, and reconnect with your authentic voice on an unforgettable journey. Now in its 4<sup>th</sup> year, these retreats have proven to give people profound experiences that set them up to continue on a journey of healing and transformation.

### What options are available in 2026?

Dates	Type	Location	Spaces
May 1 <sup>st</sup> – 4 <sup>th</sup>	Wknd retreat	Inis Oirr Island	Fully booked
June 5 <sup>th</sup> – 8 <sup>th</sup>	Wknd retreat	Bundoran, Donegal	Spaces available
June 26 <sup>th</sup> – 29 <sup>th</sup>	Wknd retreat	Amsterdam	Spaces available
Sept 25 <sup>th</sup> – Oct 02 <sup>nd</sup>	Wk long retreat	Inis Oirr Island	Spaces available

### What is the cost?

Retreats cost start from €750, cost on application depending on dates and accommodation type preferred. Payment plans are available and we have one scholarship place per retreat at a reduced cost.

Please don’t hesitate to get in touch if you require more information and would like to have a call with us about if this is a good fit for you,

Looking forward to connecting with you,

Kind regards  
Eimear and Nadine

