



WINTER WELLNESS WEEKEND

November 15th-17th 2024

January 17th-19th 2025

Meadowlands Hotel Tralee

*Two Nights Bed & Breakfast
Yoga Sessions
Fitness Sessions
Breathwork & Mindfulness Workshops
Meditation
Nature Walk
Empowerment Experiences
(Arrow Break & Board Break)
Healthy Meals & Snacks Included*

*Early Bird Rate -€399.00 per person sharing/€60 Single Supp
(valid for Bookings Made before September 2024)*



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