

Memento bodyworks

PILATES STUDIO | BODY THERAPY | PERFORMING ARTS

RESET & INSPIRATION WEEK IRELAND | JUNE 20st THRU JUNE 27th 2026

TIME - block	FRIDAY June 19 - 2026	SATURDAY June 20th - 2026	SUNDAY June 21st - 2026	MONDAY June 22nd - 2026	TUESDAY June 23rd - 2026	WEDNESDAY June 24th - 2026	THURSDAY June 25th - 2026	FRIDAY June 26th - 2026	SATURDAY June 27th - 2026
		DAY 1 Subject to Change	DAY 2 Subject to Change	DAY 3 Subject to Change	DAY 4 Subject to Change	DAY 5 Subject to Change	DAY 6 Subject to Change	DAY 7 Subject to Change	DAY 8 Subject to Change
06:30 - 8:00	ARRIVAL STAFF/ TRAINERS House opens at 4PM for Staff		06:30 - 8:00 Morning Movement & meditation session by Marjon	06:30 - 8:00 Morning Movement & meditation session by Carmen	06:30 - 8:00 Morning Movement & meditation session by Marjon	06:30 - 8:00 Morning Movement & meditation session by Carmen	06:30 - 8:00 Morning Movement & meditation session by Marjon	06:30 - 8:00 Morning Movement & meditation session by Carmen	06:30 - 8:00 Morning Movement & meditation session by Marjon
8:00 - 9:30			8:00 - 9:30 Self serving Breakfast Buffet	8:00 - 9:30 Self serving Breakfast Buffet	8:00 - 9:30 Self serving Breakfast Buffet	8:00 - 9:30 Self serving Breakfast Buffet	8:00 - 9:30 Self serving Breakfast Buffet	8:00 - 9:30 Self serving Breakfast Buffet	8:00 - 9:30 Self serving Breakfast Buffet
9:30 - 13:00		12:00 - 17:00 Arrival Guests & Free time	10:30 - 13:00 Opening Circle w/ Aمانtha Murphy	Excursion HORSEBACK RIDING MAHAREES DEPARTURE HOUSE: 10:00 SHARP 	Excursion GORTBRACK ORGANIC & BIODIVERSITY FARM DEPARTURE HOUSE: 10:00 SHARP 	DAY OFF OR Book a Massage / Private session: Slot 1: 11:00 - 12:00 Slot 2: 13:00 - 14:00 Slot 3: 15:00 - 16:00 Slot 4: 17:00 - 18:00	COOKING Excursion w/ MAJA DEPARTURE HOUSE: 10:00 SHARP 	Free time OR Book a massage / private session: Slot 1: 10:00 - 11:00 Slot 2: 12:00 - 13:00	11:00 - 12:30 Sharing circle
13:00 - 14:30			Beach walk					Excursion SLEAHEAD DRIVE or TORC MOUNTAIN HIKE or DINGLE WAY HIKE HOUSE: 13:30 SHARP 	12:30 - 13:15 w/ Marjon Closing Circle
14:30 - 16:30			Free time OR Book a massage / private session: Slot 1: 13:30 - 14:30 Slot 2: 15:15 - 16:15	15:00 - 16:30 Self serving Brunch Buffet					14:00 - 16:00 Departure Guests closes at 4PM (House)
17:30 - 18:30		17:00 - 17:45 Guest Orientation tour & house rules	17:15 - 18:15 Sharing circle	Free time OR Book a massage / private session: Slot 1: 17:00 - 18:00 Slot 2: 19:00 - 20:00	17:15 - 18:15 Sharing circle		14:00 - 18:30 Cooking workshop & lunch/dinner with Maja		
18:30 - 20:00		18:00 - 19:30 Welcome soup & snacks	18:30 - 20:00 Self serving Dinner Buffet	Dinner on your own/ at the house or 'Out'	18:30 - 20:00 Self serving Dinner Buffet		18:30 - 19:30 Sharing circle	Dinner on your own/ at the house or 'Out'	
20:00 - 21:30		20:00 OPENING CEREMONY midsummer solstice CAMPFIRE 	Free time	Beach walk	Free time		Beach walk	19:30 - 23:00 DANCE, MUSIC, SINGING CIRCLE CLOSING CEREMONY CELEBRATION EVENT 	CLOSING w/ staff