



The heART of Ritual
presents

HEARTBEAT RETREATS

Ceremonial Drum Birthing Weekends

with Niamh Criostail
• Founder of The heART of Ritual •

SPRING

Ceremonial Drum Birthing Weekend (Spring/Air/Virgin Archetype)

Ibossim (Ibiza), Spain

• March 25 + 26, 2023 •
€450 per person

SUMMER

Ceremonial Drum Birthing Weekend (Summer/Fire/Parent Archetype)

Tirol, Austria

• June 10 + 11, 2023 •
€450 per person

AUTUMN

Ceremonial Drum Birthing Weekend (Autumn/Water/Enchantress Archetype)

West Cork, Ireland

• Aug 26 + 27, 2023 •
€450 per person



LIKE WILDFLOWERS
YOU MUST ALLOW
YOURSELF TO GROW
IN ALL THE PLACES
PEOPLE THOUGHT
YOU NEVER WOULD



These heartbeat retreats are for the seeker; those courageous enough to dive deep and journey the delicate underbelly of BEing. Steeped in wild earth based ancestral tradition, over the course of the weekend you will ceremoniously birth your own healing colleague, a traditional style Medicine Drum and Sounder. Focus is on the Irish Celtic traditions, lore related to these ancient earth festivals (within the Celtic Wheel of the Year), and the native wild medicinal herbs, plants and trees relating with them.

Over the course of the weekend each participant will birth their very own personal Drum and Sounder. We will work with sustainable Birch tree medicine (Celtic tree of new beginnings and overcoming difficulties) and wild reindeer medicine from the Saami peoples of North Finland (northern Earth Element ancestral medicine). We will incorporate natural botanical pigments, eco dyeing methods, wild native medicine bundles, and naturally dyed raw sheep's wool for your felted Sounder.

These are not merely weekends to birth your drum colleague, but also a dedicated time to birth yourself fully

into BEing. Given the nature and energy of the seasonal element, the Celtic festivals, and moon phases over these weekends, it's important to make clear that these gatherings are full sensory initiatory experiences that will demand deep introspective 'work' on your part. This demand, in whatever shape and form it comes in, will be your unique invitation to 'step up' and empower yourself through the natural forces of (non human) nature. Should you choose to embrace it or not is entirely up to you and where you are at in your journey. Some are consciously aware of this immediately, others become aware of it as they evolve together with their drum colleague.



ABOUT YOUR FACILITATOR

Niamh Criostail considers herself both a traveller and a student on the path of mindful living, learning and growing through direct first hand experience, finding and making ceremony in ALL. True to her roots, she embraces the native traditions of her Irish lineage and both lives and works with the natural cycles and seasons of the Celtic wheel of the year. Her unique approach to what she refers to as 'wHolistic wellBEing' draws on an extensive skill set that includes crystalline bioresonance therapy, ecotherapy, psychology, medicinal herbalism, ecoacoustics, bioenergetics, holistic nutrition, regression therapy and soul retrieval, creative arts therapy, and more. This allows her to combine her interest, love and knowledge of both eastern and western modalities with ancient earth based traditions and practices, resulting in what she feels is a fully integrative dynamic approach to achieving harmony, healing, and human potential.

Both an academic and an intuitive, Niamh's qualifications are as varied as her interests. She studied Modern Psychology at Princeton with a specialization in Jungian shadow psychology within the framework of Hermeticism and Gnostic Alchemy. She holds a double diploma in Anatomy, Physiology & Pathology, and Sport Injuries & Clinical Remedial Massage, and also holds a diploma in Holistic Massage & Advanced Bodywork. Much of her personal research over the past two and a half decades relates with psychosomatic dis-ease, genetic inheritance, trauma imprinting, and molecular reprogramming with crystals. In addition to the above, Niamh has trained as a medical herbalist and optimum nutritionist, studied Indian head massage, acupuncture, aromatherapy, and

has done extensive courses in folk healing, traditional medicine, and indigenous soul beliefs. She studied crystal therapy with Katrina Raphaell's Crystal Academy of Advanced Healing Arts and is a master teacher in Reiki (both Usui and Tera Mai) and Seichem. She is a birth and death doula and as a ceremonialist, she lovingly facilitates ceremonies and rituals marking the rites of passage. As a teacher and practitioner she is credited as being at the forefront of crystal healing by fellow professionals and as an energetic architect and facilitator, the mandalas and harmonic installations she creates have been celebrated worldwide. To date, her full sensory retreats, workshops, masterclasses, ceremonies, and events have led her to teach and facilitate in over thirty countries.

Whether it is through learning how to work with food as medicine, creative healing through oral traditions, story, art, dance or sound, or through crystalline BEing, psychology, natural remedies, her in person or online offerings, Niamh's dynamic service to humanity is clear - to listen and serve as a crystalline conduit, assisting to you to assist yourself. Through this process comes the gift of remembering, reconnection, reclaiming, and re-embodiment of your Divine role, as your own 'guru' and healer. To read more, please visit www.theheartofritual.com



WEEKEND OVERVIEW

Saturday

9.30am - 10am	Weekend opening ceremony, building a 'birthing nest'
10am - 11am	Drum meditation
11am - 1pm	Shaping rawhide and preparing hoops
1pm - 2pm	Lunch
2pm - 5.30pm	Dyeing rawhide, finishing hoops, begin birthing the sounders
5.30pm - 6pm	Journey to invoke the Spirit of your drum & sounder

Sunday

9.30am - 10am	Morning meditation and intention setting ritual
10am - 1pm	Weaving the drum
1pm - 2pm	Lunch
2pm - 5pm	Finishing the drum and drum sounder
5pm - 5.30pm	Gratitude ceremony
5.30pm - 6pm	Weekend closing ceremony

Please note that we don't work to the clock during these gatherings and the pace is set by the group at all times. As such, the above outline is approximate and times are estimated.

EXCHANGE

The exchange for this two day drum birthing weekend is €450 per person. This is a non-residential gathering. Event times are 9.30am to 6pm on both Saturday and Sunday. The retreat fee includes all tuition fees for both days, the cost of materials and supply of tools for you to make your own 45cm drum and sounder, venue rental and utilities, travel and freight costs for the facilitator(s), and light refreshments on both days. Meals are not included in the workshop fee.

HOW DO I RESERVE MY PLACE?

Due to the nature of the retreat and in order to ensure an intimate initiation experience, we only work with small groups. Early booking is highly recommended. To reserve your place, please book your weekend via the event page on www.theheartofritual.com/heartbeatretreats. Your place is booked only when payment is received and you have received an email to confirm your participation at this gathering.

Refreshments are organic, wholefood, and vegetarian using only local seasonal produce and wild foods.

WHAT DO I NEED TO BRING?

Weather appropriate clothing, a sharp wood carving knife, a bath towel and two small kitchen towels, (natural) offerings for the group altar and mandala, a large bag to bring your drum home in, and a journal and pencil to document your experience.

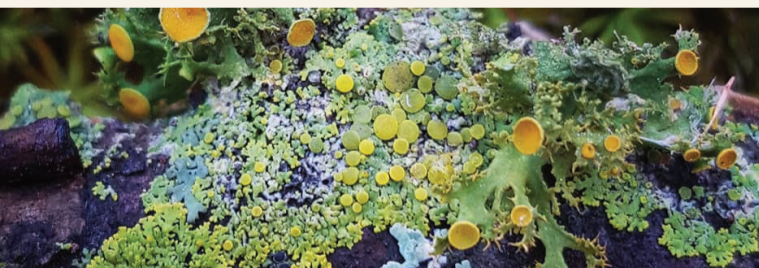
HOW DO I GET THERE?

SPAIN: For those of you traveling to us from outside of the island, the nearest international airport is Aeroport d'Eivissa, a short twenty five minute drive from where we will gather for the weekend in Sant Antoni. Car rental companies can be found in the arrivals hall of the airport, buses and taxis can be found outside the door. If you are travelling from outside of the area and need to book accommodation, there are many hotels, guesthouses and self catering apartments available via www.booking.com.

AUSTRIA: For those of you traveling to us from outside of Austria, the nearest international airports are Munich (Germany), Salzburg and Innsbruck (Austria). All are between a 45 minute and 90 minute drive from where we gather for the weekend. There are shuttle services available between the airport and our center which can be arranged directly with Four Seasons Travel in advance or in the airport arrival hall. There are also train services available from within the airports which will take you to our local station in Kufstein, simply follow the signs in the arrivals hall and you will find both self service ticket machines and desk clerks available for your assistance. If you are travelling from outside of the area and need to book accommodation, Kufstein is just 3kms away and there are many hotels, guesthouses and self catering apartments available via www.booking.com and the Kufstein Tourist Office, www.kufstein.com.

IRELAND: For those of you traveling to us from outside of Ireland, the nearest international airport is Cork Airport, an hour's drive. Car rental companies can be found in the arrivals hall of the airport, buses and taxis to Cork city can be found outside the door. A shuttle service between the airport and retreat center can be arranged for you by request at an additional charge. If you are travelling from outside of the area and need to book accommodation, there are many hotels, guesthouses and self catering apartments available via www.booking.com.

Full address and GPS coordinates are sent to registered participants only.



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