



CLIFFS OF
MOHER RETREAT

Your Corporate Events

TIME TO COME TOGETHER.

Cliffs of Moher Retreat, Liscannor, Co Clare.





we are not one thing



Cradled by the raw beauty of the west coast of Ireland, with options to choose from an inspired selection of bespoke experiences, The Cliffs of Moher Retreat is the ideal choice for your corporate event needs.

Choose to come and spend the day with us, or longer, at our spectacular location, with full use of our exceptional facilities.

Atlantic Ocean view studio | stylish country lodge accommodation | thermal suite | organic homegrown food | leading wellness experts | walking distance to the Cliffs of Moher | restorative & invigorating wellness experiences



Why choose us?

Our team

Our leading wellness experts are passionate about curating a unique, memorable corporate wellness and team building experience for you and your team, in our world class retreat facility beside the iconic Cliffs of Moher.

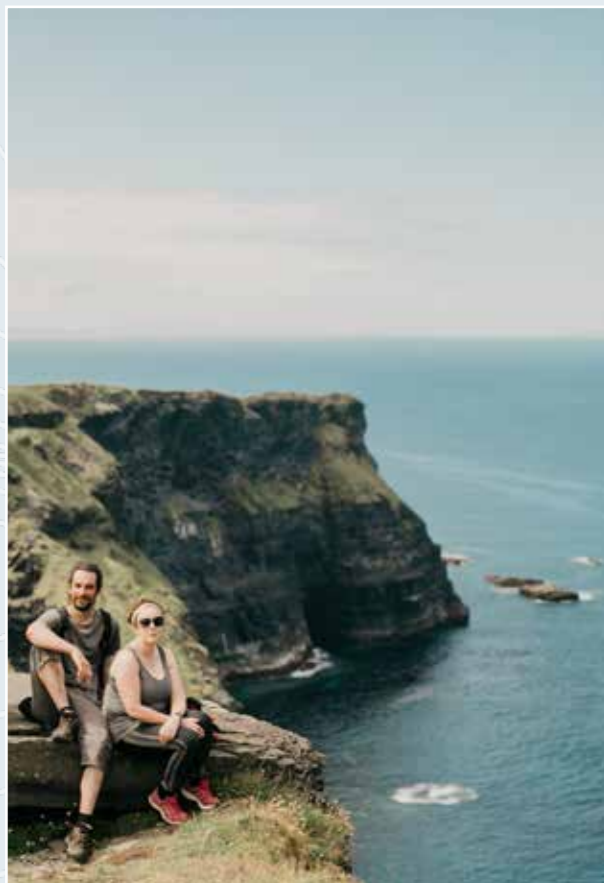


Our place.

Introducing our unparalleled retreat facility, where corporate events are redefined.

The Retreat is nestled amidst breathtaking natural landscapes, is far away from the hustle and bustle of the city. From the moment you step through our doors, you'll be enveloped in an atmosphere of inspiration and productivity. Every aspect of our facility is thoughtfully curated to meet the unique needs of discerning professionals. And to top it off, it's exclusively yours.

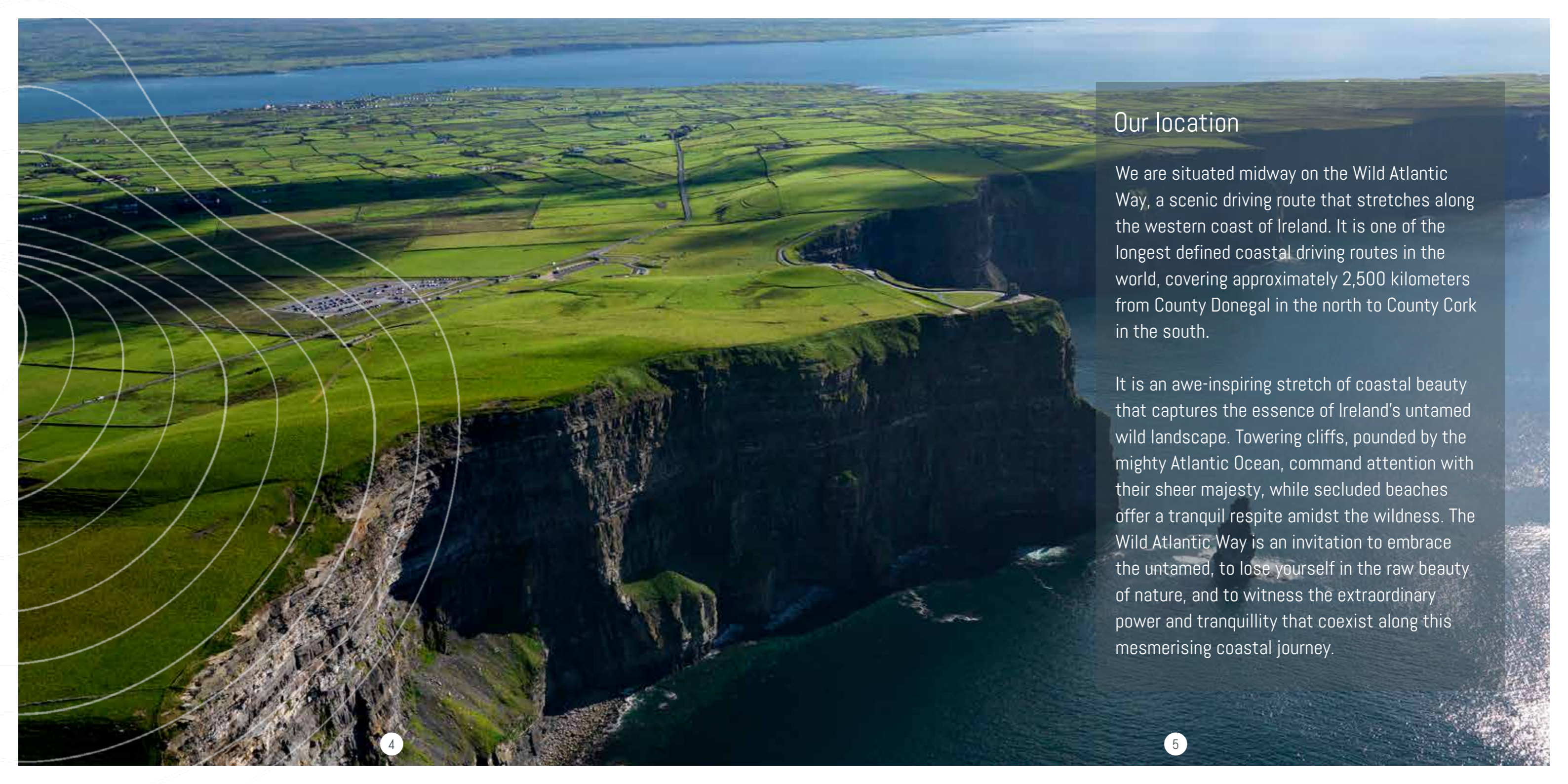
The Cliffs of Moher Retreat is set on 10 acres, looking out over Liscannor Bay and the rolling green hills and farmlands of Liscannor. We are located just a stone's throw from the iconic Cliffs of Moher and also to many other tourist attractions that County Clare has to offer, including beautiful walks right on our doorstep, The Burren and the Aran Islands.



What we have for you.

- **15 luxury bedrooms**, sleeping up to 24 people.
- The purpose built, glass fronted Atlantic View Studio architecturally designed, 100m² fully equipped space with Sonos sound system and underfloor heating makes for a unique and inspiring **conference space** for you and your team to brainstorm, connect or just sit and gain inspiration from the view outside the floor to ceiling window overlooking the water.
- Our **4 beautifully appointed lounge areas** with flickering fires, perfect for small group work
- After your sessions you can all **unwind** in our outdoor cedarwood hot tub, then take in an ocean view in our barrel sauna or if you prefer, lounge in our infrared sauna or take in the aromatic herbal steam room. And if you're feeling brave why not go for a cold plunge!
- Everything at the Cliffs of Moher Retreat is **designed for your comfort**, from the underfloor heating, quality linen, hotel quality mattresses to the beautiful furnishings and artworks in our lounges and rooms.
- We are situated within one of the most **iconic landscapes in the world**, so there are coastal & countryside walks right outside the door and a short hike takes you to the world famous Cliffs of Moher which are right next door. It's like stepping out of time and into your own moment of nature and wildness.
- The vibrant towns of Doolin, Lahinch, Liscannor, Ennistymon are within **easy reach** as is the spectacular limestone expanse of the Burren.
- You'll experience the **best facilitators** you can imagine offering an exciting range of practices from art classes, immersive music experiences, deep restorative movement and sound healing and more.





Our location

We are situated midway on the Wild Atlantic Way, a scenic driving route that stretches along the western coast of Ireland. It is one of the longest defined coastal driving routes in the world, covering approximately 2,500 kilometers from County Donegal in the north to County Cork in the south.

It is an awe-inspiring stretch of coastal beauty that captures the essence of Ireland's untamed wild landscape. Towering cliffs, pounded by the mighty Atlantic Ocean, command attention with their sheer majesty, while secluded beaches offer a tranquil respite amidst the wildness. The Wild Atlantic Way is an invitation to embrace the untamed, to lose yourself in the raw beauty of nature, and to witness the extraordinary power and tranquillity that coexist along this mesmerising coastal journey.



The Options.

OPTION 1

HOLD YOUR OWN EVENT AT OUR SPACE

Our exceptional facilities boast a stunning floor-to-ceiling glass fronted conference room that offers breathtaking views of the extraordinary landscape. Our venue provides breakout rooms for smaller group sessions, as well as a wellness area complete with sauna, steam, and hot tubs to ensure a rejuvenating experience for your attendees.

We take pride in serving home-grown, organic, and delicious meals, catering to diverse dietary preferences and enhancing the overall experience of your event.

Our incredible venue offers exceptional facilities, a prime location, breathtaking landscapes, and a culinary experience that will leave your attendees in awe. Choose us to elevate your corporate event to unparalleled heights.



All our retreats are based on a minimum 15 people and a maximum of 24*

Here are the packages we've prepared for you.



1 NIGHT STAY PACKAGE*

- Welcome home baked treats & tea, coffee on arrival
- Lunch, Dinner and Breakfast - delicious and healthy vegetarian spread by our in-house chefs, produce from our organic garden
- Overnight in our stylish country lodge accommodation
- Full exclusive access to the whole facility, including the wellness area



2 NIGHT STAY PACKAGE*

- Welcome home baked treats & tea, coffee on arrival
- Lunch x 2, Dinner x 2 and Breakfast x 2- delicious and healthy vegetarian spread by our in-house chefs, produce from our organic garden
- Overnight x 2 in our stylish country lodge accommodation
- Full exclusive access to the whole facility, including the wellness area



THE DAY PACKAGE* 6 hours

- Welcome home baked treats & tea, coffee on arrival
- Lunch - delicious and healthy vegetarian spread by our in-house chefs, produce from our organic garden
- Full exclusive access to the whole facility, including the wellness area

Freetime at the end of a long day? Why not treat your team to a Soundbath or a Breathwork with our resident expert Michelle Moroney. Email us for a list of Optional Extras at info@cliffsofmoherretrat.com.

OPTION 2

WE'VE DESIGNED YOUR CORPORATE RETREAT FOR YOU, HERE ARE THE OPTIONS.



THE DAY PACKAGE*

6 hours

- Welcome home baked treats & tea, coffee on arrival
- **1 wellness experience** of your choice
- Lunch - delicious and healthy vegetarian spread by our in-house chefs, produce from our organic garden
- Full exclusive access to the whole facility, including the wellness area

THE DAY PACKAGE² *

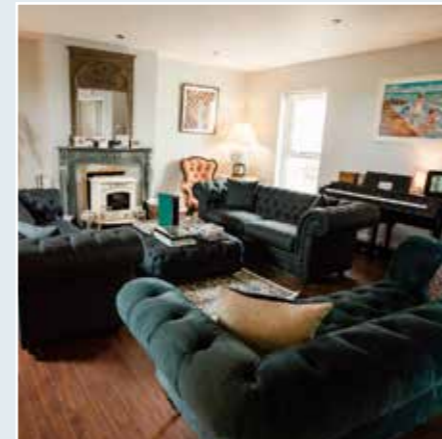
6 hours

- Welcome home baked treats & tea, coffee on arrival
- **2 wellness experiences** of your choice
- Lunch - delicious and healthy vegetarian spread by our in-house chefs, produce from our organic garden
- Full exclusive access to the whole facility, including wellness area



1 NIGHT WELLNESS PACKAGE*

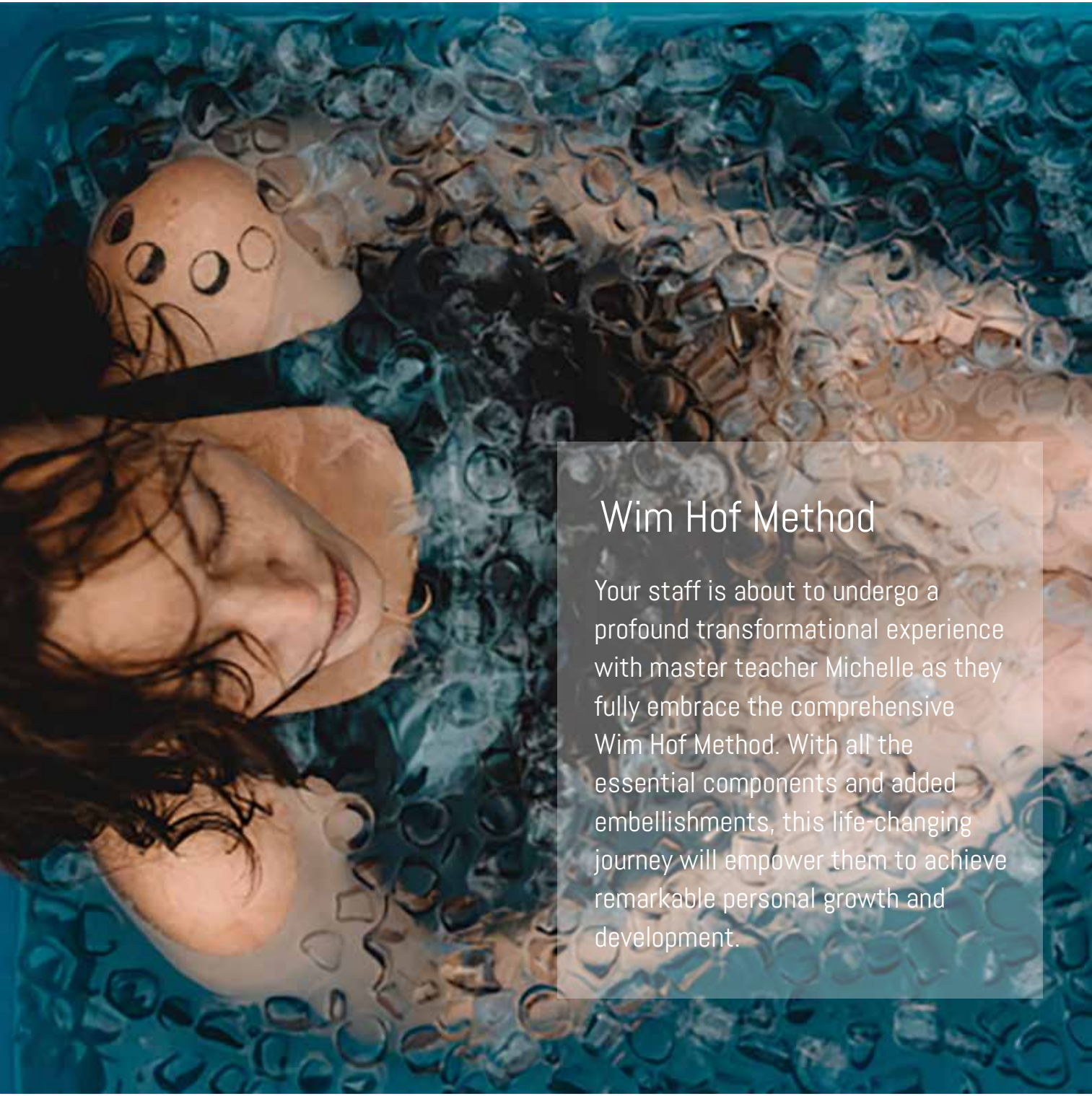
- Welcome home baked treats & tea, coffee on arrival
- **2 wellness experiences** of your choice
- Lunch, Dinner and Breakfast - delicious and healthy vegetarian spread by our in-house chefs, produce from our organic garden
- Overnight in our stylish country lodge accommodation.
- Full exclusive access to the whole facility, including wellness area



2 NIGHTS WELLNESS PACKAGE*

- Welcome home baked treats & tea, coffee on arrival
- **4 wellness experiences** of your choice
- Lunch x 2, Dinner x 2 and Breakfast x 2 - delicious and healthy vegetarian spread by our in-house chefs, produce from our organic garden
- Overnight in our stylish country lodge accommodation.
- Full exclusive access to the whole facility, including wellness area

All our retreats are based on a minimum 15 people and a maximum of 24*



Wim Hof Method

Your staff is about to undergo a profound transformational experience with master teacher Michelle as they fully embrace the comprehensive Wim Hof Method. With all the essential components and added embellishments, this life-changing journey will empower them to achieve remarkable personal growth and development.



DAY PACKAGE WIM HOF FUNDAMENTALS COURSE* 6 hours

- Welcome snacks & drinks on arrival
- Introduction to the Method with Michelle, Level 3 Wim Hof Method Instructor (highest level)
- Full immersive experience that is experiential, educational and fun
- Through expert instruction, gain enough knowledge for you to continue doing this at home
- Deep Breathwork session in our Atlantic Ocean view studio
- Icebath Ceremony on our deck overlooking the ocean and the countryside
- Lunch - vegetarian meal by our in-house chef, produce from our organic garden
- An in depth understanding of the 3 Pillars of the method: Breath, Cold and Mindset/Commitment
- Fun informative workshop on the theory, scientific research and practical applications of the method
- Question and Answer session to allow you to take this method home with you
- Relaxation time in our Wellness Suite, Hot Tub with a view, barrel sauna and herbal steamroom

All our retreats are based on a minimum 15 people and a maximum of 24*



1 NIGHT WIM HOF RETREAT*

- Welcome snacks & drinks on arrival
- Lunch, Dinner and Breakfast - delicious and healthy vegetarian spread by our in-house
- Introduction to the Method with Michelle, Level 3 Wim Hof Method Instructor (highest level)
- Full immersive experience that is experiential, educational and fun
- Through expert instruction, gain enough knowledge for you to continue doing this at home
- Deep Breathwork session in our Atlantic Ocean view studio
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- Fun informative workshop on the theory, scientific research and practical applications of the method
- Question and Answer session to allow you to take this method home with you
- Relaxation time in our Wellness Suite, Hot Tub with a view, barrel sauna and herbal steamroom
- Overnight in our stylish country lodge accommodation.



2 NIGHT WIM HOF RETREAT*

- Welcome snacks & drinks on arrival
- Lunch x 2, Dinner x 2 and Breakfast x 2 - delicious and healthy vegetarian spread by our in-house
- Introduction to the Method with Michelle, Level 3 Wim Hof Method Instructor (highest level)
- Full immersive experience that is experiential, educational and fun
- Through expert instruction, gain enough knowledge for you to continue doing this at home
- Deep Breathwork session in our Atlantic Ocean view studio
- Icebath Ceremony on our deck overlooking the ocean and the countryside
- Lunch - vegetarian meal by our in-house chef, produce from our organic garden
- An in depth understanding of the 3 Pillars of the method: Breath, Cold and Mindset/Commitment
- Fun informative workshop on the theory, scientific research and practical applications of the method
- Question and Answer session to allow you to take this method home with you
- Relaxation time in our Wellness Suite, Hot Tub with a view, barrel sauna and herbal steamroom
- 2 Overnights in our stylish country lodge accommodation.



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Wellness Experiences

Indulge in a range of wellness activities available at the Cliffs of Moher Retreat, where our experienced teachers and facilitators, with nearly two decades of expertise in the industry, provide an unparalleled standard that sets us apart from the rest.

Yoga

Introducing yoga in the workplace promotes physical and mental well-being, alleviates stress, enhances focus, and boosts productivity. It encourages mindfulness, deep breathing, and stretching, reducing work-related ailments. Yoga fosters unity, camaraderie, and a positive work environment, resulting in happier, healthier, and more motivated employees, improving overall performance and satisfaction.

Yoga Restorative/Yin

Restorative yoga serves as a crucial tool for alleviating stress in individuals with full-time work commitments, offering a peaceful space for relaxation, rejuvenation, and the release of accumulated tension in both the body and mind. By prioritizing restorative practices, these individuals can effectively recharge their energy levels, enhance mental clarity, and foster overall well-being, enabling them to navigate the demands of their work with greater resilience and balance.

Guided Breathwork

The healing powers of breathwork lie in its ability to tap into the body's innate healing mechanisms by promoting deep relaxation, reducing anxiety and stress, and restoring balance to the mind and body. Through conscious and intentional breathing practices, individuals can experience profound physical, emotional, and spiritual healing, unlocking a sense of inner calm, clarity, and vitality.

Meditation

Meditation provides numerous benefits for corporate wellness experiences, including improved focus and concentration, reduced stress levels, and enhanced overall well-being, leading to increased productivity and efficiency in the workplace. Additionally, regular meditation practice fosters emotional intelligence, creativity, and decision-making skills, promoting a positive work culture and better team dynamics within the corporate environment.

Harmony singing

Engaging in harmony singing as a team building exercise is a great idea as it encourages collaboration, communication, and trust among team members, fostering a sense of unity and cooperation. It also promotes active listening, empathy, and synchronization, resulting in improved teamwork, morale, and a shared sense of accomplishment.

Ecstatic Dance

Ecstatic dance is powerful because it provides a liberating and nonjudgmental space where individuals can freely express themselves through movement, connecting with their bodies and emotions. It offers a unique opportunity for personal growth, self-discovery, and pure enjoyment, allowing participants to tap into their inner joy and experience a profound sense of freedom.

Sound Bath

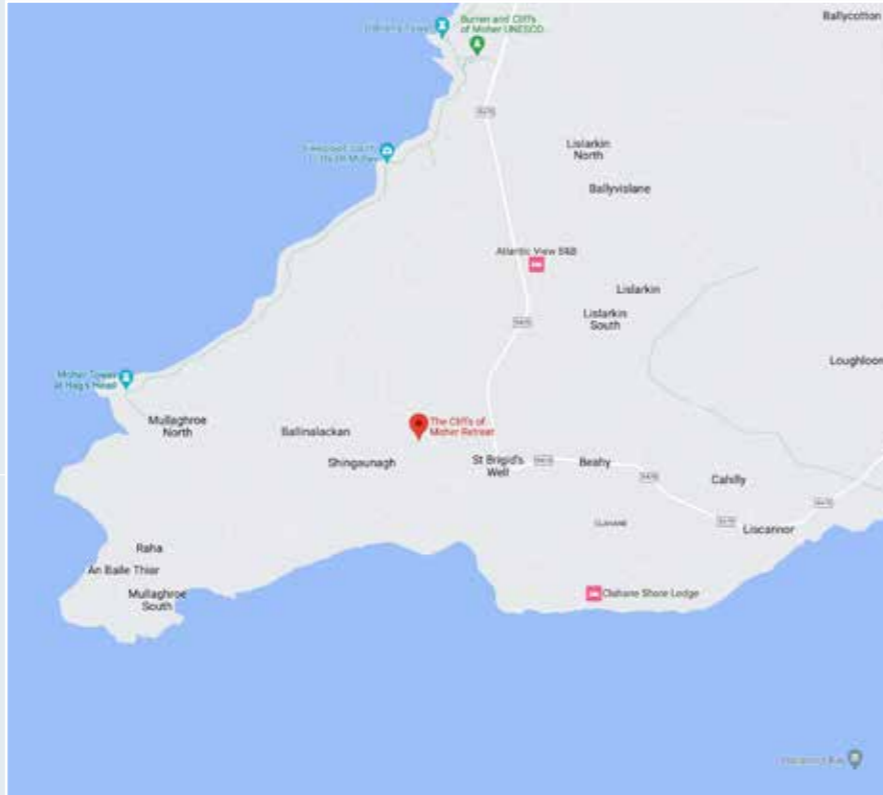
Sound baths have been known to facilitate deep relaxation and promote healing by immersing participants in a soothing and harmonious soundscape, allowing for stress reduction and energetic realignment. The vibrations and frequencies emitted during a sound bath can help restore balance to the mind, body, and spirit, fostering a sense of calm, rejuvenation, and overall well-being.

Guided hike on the cliffs with transport

Hiking on the Cliffs of Moher is an awe-inspiring experience that immerses you in the breathtaking beauty of towering cliffs, rugged coastal landscapes, and the wild Atlantic Ocean.

Wim Hof Method - 5 hour workshop

This workshop led by level 3 Instructor Michelle Moroney, presents a powerful opportunity to foster healing, strengthen bonds, and enhance teamwork like no other. This transformative practice, combining breathing exercises, cold exposure, and focused meditation, enables individuals to tap into their innate capabilities and push their limits, both physically and mentally. By embarking on this shared journey, team members not only heal their bodies through improved oxygenation, strengthened immune responses, and heightened energy levels, but they also forge a profound connection with one another. The challenges faced together, the support offered in overcoming discomfort, and the shared triumphs create a deep sense of camaraderie and trust. As they navigate the method's intensity as a united front, employees develop resilience, enhance communication, and embrace a collective sense of purpose, ultimately working together as a more cohesive and empowered team.



Get in touch

So start the conversation with us and together we can build your ideal company retreat for you and your staff.

Email

info@cliffsofmoherretreat.com

Phone

+353 87 707 0290

Location

Cliffs of Moher Retreat
Moher Lodge, Kinielty
Liscannor
Co. Clare
Ireland
V95 A499



There is an electric car charging point onsite and free parking.

Taxi

+353 65 707 5000





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