

TIMELESS WAVES, ARMS OF ROCK

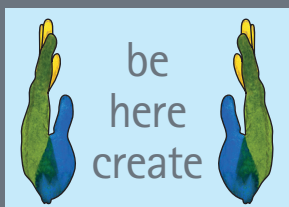
**A pilgrimage to Inishmore,
Aran Islands, Ireland.**

16th-25th July 2016

Eight days of creativity, walks,
exploration of ancient sites,
meditation, storytelling,
living mindfully, sharing
meals and free time.

Accommodation:
Mainistir House

Led by
**Lindy Latham &
John Harley**



For more information and booking form go to www.beherecreate.co.uk
(Title taken from Seamus Heaney's poem 'Lovers of Aran')