

Welcome to Iona...

...for a journey of transformational reflection

with **Patrick MacManaway & friends**

September 13th – 20th, 2007



Patrick will lead a small group retreat, in his family's traditional cottage "Sligneach", drawing on his intimate knowledge of the island to lead an inspirational journey of conscious exploration and reflection.

Our time will include seven nights on Iona, during which we will share transformational journeys through the island landscape, meditation time, self-healing exercises, and group reflection. We will take a boat trip to Fingal's cave on Staffa, travel by sailing lugger to a seal colony, and visit the stone circle at Lochbuie on neighboring Mull, ending our trip with one night in hotel accommodation after leaving the island.



Iona is a magical island, a jewel nestled in Scotland's inner hebrides...



Known throughout the ages as a place "where the veil is thin", Iona or "I" –The Island" - was a seat of Druid studies to which St. Columba brought Christianity in 563 AD, and from where Celtic Christianity subsequently spread though much of northern Europe.

Burial place of Kings & Queens not only of Scotland but also of Denmark and Norway, Iona has a rich heritage of pilgrimage and spiritual study.

A place of inspiration and connection between the inner and outer worlds, Iona offers itself as a sacred space within sacred time, inviting us to become reconnected and whole again.



six spaces available

\$ 2750

includes all local transportation,
meals and shared
accommodations

Vermont, 9/13 – 9/20, shared **call
to reserve**

802-985-2266



The Simply Good Company, 4076 Shelburne Rd, Suite 6, Shelburne, Vermont 05482

www.dragonlines.net