

SACRED FIRE CEREMONY

IRISH EDITION



15th-17th
May 2026



Éirí Retreat Center
West Cork
P81 ED25

Info&booking: +918219142204
@thealchemyoffire
@athru.breath



www.alchemyoffire.com



SACRED FIRE CEREMONY



WELCOME TO YOU, BEAUTIFUL SEEKER!

IT IS A GREAT HONOR TO BRING THIS WORK TO IRELAND FOR THE FIRST TIME.

THIS WEEKEND IS AN INVITATION TO SHED WHAT NO LONGER SERVES, CREATE SPACE, CONNECT DEEPLY, AND CONSCIOUSLY RE-CREATE YOUR INNER AND OUTER REALITY.

WITH THE SUPPORT OF SACRED TOOLS, WE WILL COME TOGETHER TO RELEASE, PRAY, AND REALIGN BODY, MIND AND SPIRIT.

WHETHER YOU ARE WORKING WITH ADDICTION, RELEASING TRAUMA AND LONG-STANDING PATTERNS, NAVIGATING CHRONIC ILLNESS, OR FEELING A GENERAL SENSE OF MISALIGNMENT —OR SIMPLY WISHING TO EXPERIENCE A WEEKEND OF CELEBRATION, RECONNECTION, AND PRESENCE—THIS RETREAT IS DESIGNED TO MEET YOU ON ALL LEVELS. THROUGH THE WORK, WE WILL ENGAGE THE PHYSICAL, EMOTIONAL, MENTAL, AND SPIRITUAL LAYERS, SUPPORTING YOU IN RECONNECTING WITH TRUST IN YOUR OWN INNATE CAPACITY TO FEEL PLENITUDE.

HEALING DOES NOT ONLY HAPPEN THROUGH DIFFICULTY. IT ALSO UNFOLDS THROUGH JOY, PRESENCE, AND GENUINE CONNECTION. AND THAT IS THE HEART OF THE DAYS WE WILL SHARE TOGETHER





SACRED FIRE CEREMONY



OVER THE WEEKEND, WE WILL WEAVE TOGETHER A VARIETY OF PRACTICES DESIGNED TO GENTLY CLEANSE THE BODY AND MIND, HELPING YOU RECONNECT WITH YOURSELF AND PREPARE FOR THE SACRED FIRE CEREMONY TAKING PLACE ON SATURDAY NIGHT.

EXPECT TEARS AND LAUGHTER, MOMENTS OF SILENCE AND MUSIC, SOLITUDE AND NEW CONNECTIONS, ALL HELD WITHIN SOME OF THE MOST BREATHTAKING LANDSCAPES ON EARTH, IN THE HEART OF WEST CORK.

THIS JOURNEY WILL BE GUIDED BY TWO DEEPLY EXPERIENCED FACILITATORS WHO HAVE WALKED THROUGH PROFOUND TRANSFORMATION AND RETURNED WITH HUMILITY, PRESENCE, AND A SINCERE DEVOTION TO SUPPORTING YOU THROUGH THIS EXPERIENCE





SACRED FIRE CEREMONY



THE TOOLS:

WACHUMA

SAN PEDRO, TRADITIONALLY KNOWN AS WACHUMA, IS A SACRED CACTUS NATIVE TO THE ANDEAN REGIONS OF SOUTH AMERICA. ROOTED DEEPLY IN THE EARTH, IT THRIVES IN SOME OF THE HARSHTEST ENVIRONMENTS, CARRYING A STRONG, STEADY MASCULINE ENERGY. WACHUMA HOLDS THE PRAYERS OF THE MOUNTAINS AND THE WINDS, AND CARRIES THE ANCESTRAL WISDOM OF THE QUECHUA PEOPLE, WHO HAVE WORKED WITH THIS MEDICINE FOR GENERATIONS.

OVER THE PAST YEARS, CRISTINA HAS BEEN STUDYING WITH MAESTRO MIGUEL IN PERU, WALKING THE PATH OF THE ALTARS AND LEARNING THE PRAYERS AND CEREMONIAL WAYS OF THE SACRED FIRE OF TRANSFORMATION. THIS LINEAGE TEACHES HOW TO WORK WITH INTENTION, DIRECTION, AND RESPECT FOR THE UNSEEN FORCES THAT SHAPE OUR LIVES.

WACHUMA IS A VISIONARY PLANT MEDICINE THAT SUPPORTS CLARITY, INTUITION, AND ALIGNMENT. IT SHARPENS PERCEPTION AND HELPS US SEE TRUTH WITH AN OPEN HEART AND GROUNDED PRESENCE. THROUGH THE PRAYERS AND CEREMONIAL WORK SHARED DURING THE NIGHT, INTENTION BECOMES FOCUSED AND EMBODIED, LIKE AN ARROW RELEASED WITH PURPOSE. THIS PROCESS SUPPORTS TRANSFORMATION, EVOLUTION, AND THE MANIFESTATION OF BEAUTY, BOTH WITHIN AND BEYOND OURSELVES





SACRED FIRE CEREMONY



THE TOOLS:



KAMBO

KAMBO IS DERIVED FROM THE SECRETION OF THE PHYLLOMEDUSA BICOLOR FROG THAT LIVES IN THE RAINFOREST AND HAS BEEN USED BY NATIVE TRIBES FOR GENERATIONS AS A TOOL FOR CLEANSING, STRENGTHENING, AND REALIGNMENT.

KAMBO WORKS DEEPLY ON THE PHYSICAL BODY, SUPPORTING DETOXIFICATION, IMMUNE RESPONSE, AND NERVOUS SYSTEM REGULATION, WHILE ALSO ACTING ON THE ENERGETIC AND EMOTIONAL LAYERS. IT IS KNOWN AS THE “MEDICINE OF THE HUNTER,” HELPING TO CLEAR STAGNATION, SHARPEN FOCUS, AND RESTORE VITALITY AND RESILIENCE.

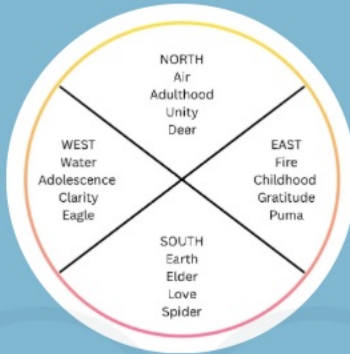
IN CEREMONY, KAMBO INVITES US TO MEET OURSELVES HONESTLY. IT STRIPS AWAY WHAT IS NO LONGER NEEDED, BRINGING CLARITY, STRENGTH, AND A RENEWED SENSE OF PRESENCE. THROUGH THIS PROCESS, WE CREATE SPACE FOR VITALITY, DIRECTION, AND A DEEPER CONNECTION TO OUR BODIES AND TO LIFE ITSELF.

DURING THE RETREAT, WE WILL SERVE A GENTLE, PREPARATORY DOSE, GUIDING THE BODY AND SPIRIT TO OPEN, PURIFY, AND ALIGN IN READINESS FOR THE NIGHT OF THE SACRED FIRE.





SACRED FIRE CEREMONY



THE TOOLS:

THE ALTARS

ALTARS ARE SACRED SPACES WHERE INTENTION BECOMES VISIBLE AND PRAYER TAKES FORM. THEY ARE NOT OBJECTS, BUT LIVING CONTAINERS THAT HOLD DIRECTION, PRESENCE, AND RELATIONSHIP WITH THE UNSEEN.

AN ALTAR IS BUILT AS A BRIDGE BETWEEN WORLDS: THE INNER AND THE OUTER, THE HUMAN AND THE NATURAL, THE PERSONAL AND THE ANCESTRAL. THROUGH SYMBOLS, ELEMENTS, COLORS, OFFERINGS, AND INTENTION, THE ALTAR SPEAKS A LANGUAGE BEYOND WORDS. IT REFLECTS BOTH THE STATE OF THE SOUL AND THE PATH WE ARE CALLING IN.

WORKING WITH ALTARS IS A PRACTICE OF CLARITY AND RESPONSIBILITY. IT TEACHES US TO LISTEN, TO SLOW DOWN, AND TO ACT WITH INTENTION. WHEN WE BUILD OR SIT AT AN ALTAR, WE ARE NOT ASKING FOR MAGIC TO HAPPEN FOR US, BUT COMMITTING TO WALK IN ALIGNMENT WITH WHAT WE ARE INVOKING.

IN CEREMONY, THE ALTAR BECOMES THE HEART OF THE SPACE. IT HOLDS THE PRAYERS OF THE GROUP, WITNESSES TRANSFORMATION, AND ANCHORS THE WORK INTO THE PHYSICAL WORLD. THROUGH THE ALTAR, INTENTIONS ARE OFFERED, RELEASED, AND ENTRUSTED TO THE GREATER INTELLIGENCE OF LIFE.





SACRED FIRE CEREMONY



THE TOOLS:

BREATHWORK

BREATH IS THE ONLY AUTOMATIC BODY FUNCTION YOU CAN CONSCIOUSLY CONTROL, MAKING IT A POWERFUL ANCHOR TO THE PHYSICAL AND A BRIDGE TO THE SPIRIT, LINKING THE TANGIBLE BODY WITH SUBTLER STATES OF AWARENESS.

CONSCIOUS CONNECTED BREATHWORK (CCB) IS A POWERFUL TOOL BECAUSE IT DIRECTLY COMMUNICATES WITH THE NERVOUS SYSTEM. SLOW, STEADY BREATHING SIGNALS SAFETY AND RELAXATION, WHILE DEEPER OR MORE ACTIVE BREATHING CAN HELP RELEASE STRESS AND TENSION STORED IN THE BODY. YOU DON'T NEED ANY BELIEF SYSTEM FOR IT TO WORK; IT'S BASED ON BASIC HUMAN PHYSIOLOGY.

THE BREATH, WITH INTENTION, CAN BE USED TO INFLUENCE THE FIVE KOSHAS (BODIES): THE PHYSICAL, MENTAL, EMOTIONAL, ENERGETIC, AND SPIRITUAL LAYERS OF OUR BEING.

THROUGH CCB, PEOPLE CAN NATURALLY ENTER ALTERED STATES OF CONSCIOUSNESS, WHERE HABITUAL THOUGHT PATTERNS SOFTEN AND PERCEPTION EXPANDS. IN THESE STATES, ENERGY BEGINS TO MOVE MORE FREELY, EMOTIONS MAY SURFACE AND RELEASE, AND DEEPER LAYERS OF INSIGHT OR CONNECTION BECOME ACCESSIBLE WITHOUT FORCE OR EFFORT.

PEOPLE PRACTICE BREATHWORK TO REGULATE THE NERVOUS SYSTEM, RECONNECT WITH THEIR EMBODIED EXPERIENCE, AND EXPLORE NON-ORDINARY STATES IN A SAFE GROUNDED WAY.

WHETHER APPROACHED AS A HEALING MODALITY, A MEDITATIVE PRACTICE, OR A SPIRITUAL EXPLORATION, BREATHWORK SUPPORTS YOU AND MEETS THE PRACTITIONER EXACTLY WHERE THEY ARE AT IN A SAFE AND SECURE CONTAINER.





SACRED FIRE CEREMONY



THE TOOLS:



SOUND BATH

ALL PHYSICAL MATTER IS MADE UP OF ENERGY, EXPRESSED AS SOUND, VIBRATION, AND FREQUENCY. THE BODY ITSELF IS A COMPLEX FIELD OF OSCILLATIONS, HEART RHYTHMS, BRAIN WAVES, CELLULAR PULSES, CONSTANTLY COMMUNICATING THROUGH VIBRATION. WHEN SOUND IS INTRODUCED AFTER BREATHWORK, ITS FREQUENCIES INTERACT WITH THESE NATURAL RHYTHMS, SUPPORTING COHERENCE AND HELPING THE SYSTEM SETTLE INTO A MORE ORDERED, BALANCED STATE.

AFTER A BREATHWORK SESSION, THE BODY AND NERVOUS SYSTEM ARE IN A HIGHLY OPEN, RECEPTIVE STATE. BREATHWORK INCREASES OXYGENATION, SHIFTS BLOOD CHEMISTRY, AND ACTIVATES CELLULAR PROCESSES THAT HELP RELEASE STORED TENSION AND EMOTIONAL CHARGE. AT A CELLULAR LEVEL, CELLS RESPOND TO VIBRATION THROUGH MECHANORECEPTORS AND SUBTLE ELECTRICAL SIGNALS, MEANING SOUND CAN HELP REORGANISE AND HARMONISE THE BODY WHEN IT IS ALREADY SOFTENED AND RECEPTIVE.

SOUND AFTER BREATHWORK ACTS AS AN INTEGRATIVE BRIDGE, GUIDING ENERGY THAT HAS BEEN ACTIVATED THROUGH THE BREATH INTO ALIGNMENT AND REST. IT HELPS THE NERVOUS SYSTEM COMPLETE THE JOURNEY FROM ACTIVATION TO DEEP REGULATION, ALLOWING INSIGHTS, EMOTIONS, AND ENERGETIC SHIFTS TO LAND AND GROUND GENTLY IN THE BODY. IN THIS WAY, SOUND BECOMES NOT JUST SOMETHING WE HEAR, BUT SOMETHING WE ARE RETUNED BY, SUPPORTING INTEGRATION ON PHYSICAL, EMOTIONAL, MENTAL, ENERGETIC, AND SPIRITUAL LEVELS.





SACRED FIRE CEREMONY



THE TOOLS:

MUSIC

AS NIGHT FALLS AND ALONG THE WORK WITH THE ALTARS, SONGS AND MUSIC WILL BE SHARED TO INVITE THE BODY INTO MOVEMENT AND ALLOW THE MIND TO SOFTEN INTO EASE AND JOY. RHYTHM BECOMES A BRIDGE BACK INTO THE PRESENT MOMENT, WHERE LAUGHTER, BREATH, AND VITALITY CAN FLOW FREELY.

HAVING SAT EXTENSIVELY WITH THE HUNI KUIN PEOPLE OF BRAZIL, THE TEACHING OF SÓ ALEGRIA (ONLY JOY) IS DEEPLY DEAR TO CRISTINA'S HEART. IN THIS LINEAGE, JOY IS NOT AN ESCAPE FROM HEALING, BUT AN ESSENTIAL PART OF IT. IN HER CEREMONIES, MUSIC AND DANCE HOLD A CENTRAL PLACE: CHANTS TURN INTO RHYTHM, PRAYERS TAKE SHAPE THROUGH MOVEMENT, AND THE BODY BECOMES AN INSTRUMENT OF EXPRESSION AND RELEASE.

THROUGHOUT THE NIGHT, SPACE WILL BE GENTLY OPENED FOR PARTICIPANTS TO SHARE—WHETHER THROUGH A SONG, A POEM, WORDS, OR SIMPLE PRESENCE. THERE IS NO EXPECTATION, ONLY INVITATION. ART IS AN EXPRESSION OF THE SELF, AND THE MOST NATURAL EXPRESSION OF THE SELF IS ART. IN THIS SHARED FIELD, CREATIVITY BECOMES MEDICINE, AND JOY BECOMES A COLLECTIVE PRAYER





SACRED FIRE CEREMONY



FACILITATORS:

CRISTINA

CRISTINA IS A PHYSIOTHERAPIST AND MOVEMENT COACH WITH OVER TEN YEARS OF EXPERIENCE IN INTEGRATIVE HEALING. A LIFE-ALTERING ACCIDENT IN THE HIMALAYAS AT THE AGE OF NINETEEN PROFOUNDLY SHAPED HER PATH. SINCE THEN, THE BODY—ITS INTELLIGENCE, MYSTERY, AND INNATE CAPACITY FOR HEALING—HAS BEEN AT THE CENTER OF HER PASSION AND WORK. HER APPROACH BRIDGES BODY-BASED THERAPEUTIC PRACTICES WITH CEREMONIAL AND ANCESTRAL MEDICINES, GROUNDED IN BOTH CLINICAL KNOWLEDGE AND LIVED EXPERIENCE.

IN 2014, SHE MET TOBIAS FROM KAMBO BERLIN AND BEGAN ASSISTING HIM AT THE FROG TEMPLE CLINIC, WHERE SHE SUPPORTED THE WORK WITH COMPLEX CASES, INCLUDING CANCER, PARKINSON'S DISEASE, AND MULTIPLE SCLEROSIS. FROM 2017 ONWARD, SHE HAS BEEN RETURNING REGULARLY TO INDIA, CONTINUING AND CARRYING FORWARD THE WORK OF HER TEACHER WITH THE MEDICINE OF THE FROG.

IN INDIA, SHE NOW FACILITATES KAMBO AND BREATHWORK FACILITATOR TRAININGS, SUPPORTING OTHERS IN LEARNING TO WORK WITH THESE TOOLS IN A RESPONSIBLE AND EMBODIED WAY. SHE HAS BEEN WORKING AND LEADING VARIOUS WORKSHOPS AND CEREMONIES ACROSS THE WORLD, CULTIVATING A DEEP UNDERSTANDING OF HOLDING SPACE ACROSS CULTURES AND TRADITIONS.

ALONGSIDE THIS, CRISTINA STUDIES WACHUMA IN THE ANDES WITH MAESTRO MIGUEL, DEEPENING HER RELATIONSHIP WITH ALTAR WORK, PRAYER, AND THE SACRED FIRE.

AYAHUASCA HAS ALSO BEEN AN IMPORTANT PART OF HER JOURNEY, PARTICULARLY THROUGH HER CONNECTION WITH THE HUNI KUIN TRADITION. FROM THIS LINEAGE, SHE CARRIES THE TEACHING OF SÓ ALEGRIA—ONLY JOY—AND THE UNDERSTANDING OF MUSIC, CELEBRATION, AND COLLECTIVE EXPRESSION AS POWERFUL TOOLS FOR HEALING.

HER WORK IS ROOTED IN THE BELIEF THAT HEALING ARISES THROUGH THE MEETING OF BODY, SPIRIT, DISCIPLINE, AND JOY, AND SHE CREATES SPACES THAT ARE BOTH GROUNDED AND DEEPLY TRANSFORMATIONAL.

Info&booking: +918219142204
@thealchemyoffire
@athru.breath



www.alchemyoffire.com



SACRED FIRE CEREMONY



FACILITATORS:

LIAM

OVER A THREE-YEAR PERIOD LIVING IN INDIA, LIAM ÓG DEEPENED HIS PATH AS A BREATHWORK FACILITATOR AND SPACE HOLDER, IMMERSING HIMSELF IN INTENSIVE INNER WORK AND DEVOTIONAL PRACTICE. THIS TIME WAS DEVOTED TO DIVING DEEPLY INTO CONSCIOUS CONNECTED CREATH, SOUND THERAPY, SHADOW WORK, AND EMBODIED INTEGRATION.

WORKING RESPECTFULLY WITH PLANT MEDICINES SUCH AS RAPÉ, CACAO, KAMBO, MUSHROOMS, AND WACHUMA AS ALLIES FOR HEALING, CLARITY, AND SPIRITUAL REMEMBRANCE. INDIA BECAME A TRUE CRUCIBLE FOR TRANSFORMATION, STRIPPING BACK LAYERS AND CULTIVATING A GROUNDED, SOFT, AND EMPATHETIC APPROACH TO HOLDING SPACE.

LIAM HAS FACILITATED BREATHWORK JOURNEYS AND HELD CEREMONY ACROSS THE MEDITERRANEAN, INCLUDING GREECE, ITALY, AND SPAIN, WEAVING BREATH, PRESENCE, AND RITUAL INTO SACRED CONTAINERS THAT INVITE DEEP CONNECTION, EMOTIONAL RELEASE, AND SELF-REALISATION.

NOW, HE FEELS A STRONG CALLING AND EXCITEMENT TO RETURN TO THE ROOTS OF IRELAND, BRINGING HOME THE WISDOM, EXPERIENCE, AND HUMILITY EARNED THROUGH YEARS OF PRACTICE ABROAD.

LIAM IS PASSIONATE ABOUT CONTINUAL GROWTH, LEARNING, SELF DEVELOPMENT AND EVOLVING AS A FACILITATOR IN SERVICE TO COMMUNITY.

Info&booking: +918219142204
@thealchemyoffire
@athru.breath



www.alchemyoffire.com



SACRED FIRE CEREMONY



SCHEDULE

FRIDAY:

6PM: WELCOME, OPENING CIRCLE & BREATHWORK

SATURDAY:

8AM: BREATHWORK

9:00AM: KAMBO CEREMONY

AFTERNOON: REST & DOWNTIME

7PM: SACRED FIRE CEREMONY WITH WACHUMA (UNTIL SUNDAY MORNING)

SUNDAY:

11AM: INTEGRATION CIRCLE

1:00PM: NOURISHING LUNCH TO BREAK THE FAST

2:00PM: CHECK OUT

FOR THOSE WHO DECIDE TO STAY TILL MONDAY:

AFTERNOON: WALK IN NATURE, DOWNTIME

4:30PM: ICE BATH IN THE WILD OCEAN

AFTER DINNER: SOUND BATH

MONDAY:

BREAKFAST & CLOSING

! THIS IS AN APPROXIMATE SCHEDULE AND MAY BE
SUBJECT TO SLIGHT CHANGES,
DEPENDING ON THE FLOW OF THE SESSIONS AND THE
NEEDS OF THE GROUP.

Info&booking: +918219142204
@thealchemyoffire
@athru.breath



www.alchemyoffire.com



SACRED FIRE CEREMONY



HOW TO PREPARE:

PREPARATORY DIET

WORKING WITH SACRED TOOLS REQUIRES CAREFUL PREPARATION OF BODY,
MIND, AND SPIRIT.

UPON REGISTRATION, YOU WILL RECEIVE A COMPREHENSIVE PDF EXPLAINING
THE WORK WITH THE FROG, ALONG WITH DETAILED DIETARY GUIDELINES TO
FOLLOW STARTING THREE DAYS BEFORE THE SESSION.

THE FOOD OFFERED FRIDAY & SATURDAY OF OUR RETREAT WILL BE IN LINE
WITH THE DIETARY REQUIREMENTS.

ON SUNDAY WE WILL HAVE A BIG FEAST TO BREAK THE FAST :)

A DIETA IS NOT A SACRIFICE; IT IS AN OFFERING TO THE MEDICINE AND TO
THE INNER WORK YOU ARE ABOUT TO UNDERTAKE.

ENTERING A DIETA DOES MORE THAN PREPARE THE BODY. IT ALSO PREPARES
THE MIND, INVITING AWARENESS AROUND HABITS, ATTACHMENTS, AND THE
CHOICES WE MAKE. THROUGH THIS PROCESS, WE BEGIN TO RECLAIM A SENSE
OF INNER AUTHORITY AND PERSONAL RESPONSIBILITY. THIS RECOGNITION OF
OUR OWN POWER IS OFTEN THE FIRST STEP TOWARD MEANINGFUL AND
LASTING CHANGE.





SACRED FIRE CEREMONY



HOW TO PREPARE:

QUESTIONNAIRE

**WRITING AS A TOOL FOR INNER REFLECTION IS AN
INTEGRAL PART OF OUR WORK.**

**ALONG WITH THE DIETA PDF, YOU WILL RECEIVE A
QUESTIONNAIRE THAT YOU WILL BE ASKED TO COMPLETE
AND RETURN, ALLOWING US TO BETTER UNDERSTAND WHAT
YOU ARE WORKING WITH AND HOW TO SUPPORT YOU.**

**THE QUESTIONS WILL COVER MEDICAL HISTORY, CURRENT
HEALTH STATUS, PAST EXPERIENCES AND TRAUMAS,
PERSONAL BACKGROUND, AND YOUR INTENTIONS FOR
CHOOSING TO WORK WITH US.**





SACRED FIRE CEREMONY



HOW TO PREPARE:

DRESS-CODE

FOR THE KAMBO CEREMONY, WE KINDLY ASK YOU TO WEAR COMFORTABLE CLOTHING IN WHITE, CREAM, LIGHT BROWN, OR GREEN. THESE COLORS ARE PART OF THE TRADITION OF WORKING WITH THE FROG MEDICINE. WE RECOMMEND AVOIDING BLACK, RED, AND VIOLET WHEN SITTING WITH THIS MEDICINE.

PLEASE CHOOSE A SHIRT OR DRESS THAT ALLOWS EASY ACCESS TO THE UPPER-ARM, EITHER BY ROLLING UP THE SLEEVE OR LEAVING IT FULLY EXPOSED, SO THE MEDICINE CAN BE APPLIED COMFORTABLY.

FOR THE WACHUMA CEREMONY, WE INVITE YOU TO WEAR CLOTHES THAT MAKE YOU FEEL ELEGANT, RELAXED, AND IN A CELEBRATORY MOOD. ALL COLORS ARE WELCOME EXCEPT BLACK, DARK BROWN, AND GREY. THE MORE COLORFUL YOUR OUTFIT, THE BETTER, AS A WAY TO HONOR THE MEDICINE.

FOR ALL OTHER ACTIVITIES, COMFORT WILL BE YOUR ALLY!





SACRED FIRE CEREMONY



HOW TO PREPARE:

OBJECTS FOR THE ALTAR

**PLEASE FEEL FREE TO BRING ITEMS TO PLACE IN THE MAIN ALTAR AT
THE SHALA.**

**THIS MAY INCLUDE MEANINGFUL OBJECTS THAT REPRESENT YOUR
INTENTIONS, GOALS, OR SPIRITUAL FOCUS:**

**SYMBOLIC ITEMS WHICH ARE DEAR TO YOU, CRYSTALS, FLOWERS,
PHOTOS, DEITY FIGURES, MUSICAL INSTRUMENTS, SUCH AS RATTLERS
AND SHAKERS, OR ANY OTHER SYMBOLIC ITEMS YOU SEE FIT TO ADD,
SO WE MAY CO-CREATE A SACRED SPACE, SERVING AS A REMINDER
AND ENERGY CENTER FOR YOUR PRACTICE.**





SACRED FIRE CEREMONY



HOW TO PREPARE:

WHAT TO BRING

- A NOTEBOOK TO WRITE DOWN REFLECTIONS AND INSIGHTS
- COMFORTABLE CLOTHES FOR CEREMONY AND BREATHWORK
- SWIM SUIT AND TOWEL FOR ICE BATH AND SHOWER
- ELEGANT CLOTHES FOR WACHUMA (WHITE OR COLORFUL, NO BLACK)
- WHITE CLOTHES FOR KAMBO, MAKING SURE THE ARM CAN STAY FREE TO APPLY MEDICINE (SLEEVE CAN BE ROLLED UP)
- SOMETHING FOR THE ALTAR
- MUSIC INSTRUMENTS (IF ANY)
- EXTRA BLANKET AND/OR PILLOWS IF YOU WANT TO BE MORE COMFORTABLE
- SCARF OR SHAWL TO COVER YOURSELF, WARM CLOTHES IN CASE IT GETS COLD





SACRED FIRE CEREMONY



PRICE

EARLY BIRD UNTIL 5TH APRIL: 400 EUROS

AFTER 5TH APRIL: 450 EUROS

WHAT IS INCLUDED:

ALL WORKSHOPS & CEREMONIES

FOOD & ACCOMODATION

WHAT IS NOT INCLUDED:

TRAVEL TO LOCATION

**THOSE WHO WISH CAN STAY TILL MONDAY AND ENJOY MORE
ACTIVITIES FOR AN EXTRA 50 EUROS**

**! WE OFFER 2 KARMA YOGA PLACES. IF YOU FEEL A GENUINE CALL TO
PARTICIPATE BUT FINANCIAL CONSTRAINTS MAKE IT DIFFICULT,
PLEASE REACH OUT TO US TO APPLY FOR ONE OF THESE SPOTS !**





SACRED FIRE CEREMONY



DEPOSIT & CANCELLATION POLICY

**TO SECURE YOUR PLACE AND ALLOW US TO
ARRANGE ALL NECESSARY TOOLS AND
PREPARATIONS, A 50% DEPOSIT IS REQUIRED.**

**THE REMAINING 50% SHOULD BE PAID A WEEK
BEFORE THE RETREAT STARTS.**

**-CANCELLATIONS MADE UP TO ONE MONTH
BEFORE THE RETREAT WILL RECEIVE A FULL
REFUND OF THE DEPOSIT.**

**-CANCELLATIONS MADE LESS THAN ONE MONTH
BEFORE THE RETREAT ARE NON-REFUNDABLE.**





SACRED FIRE CEREMONY



THE LOCATION:

WE WILL GATHER AT ÉIRÍ RETREAT CENTER, NESTLED IN
THE HEART OF WEST CORK.

THIS BEAUTIFUL SPACE, OFTEN HELD FOR CEREMONIAL
AND MEDICINE WORK, IS SURROUNDED BY NATURE AND
LOCATED CLOSE TO THE SEA.

THE CENTER OFFERS DORMITORY ACCOMMODATION AND
SPACIOUS COMMUNAL AREAS, ALL THOUGHTFULLY
DESIGNED TO CREATE A WARM, HOME-LIKE ATMOSPHERE
OF WOOD AND EARTH TONES. THE RETREAT IS HELD
WITHIN THE SILENCE AND VASTNESS OF SOME OF
IRELAND'S MOST BREATHTAKING LANDSCAPES, OFFERING
A DEEPLY SUPPORTIVE ENVIRONMENT FOR REST,
REFLECTION, AND CONNECTION

WWW.EIRI.IE

Info&booking: +918219142204
@thealchemyoffire
@athru.breath



www.alchemyoffire.com



SACRED FIRE CEREMONY



**FOR ENQUIRIES AND
HOW TO BOOK:**

CRISTINA

WHATSAPP: +91 821 914 2204

EMAIL: THEALCHEMYOFFIRE@GMAIL.COM

INSTA: @THEALCHEMYOFFIRE, @COSMODILUNA

WEBSITE: WWW.ALCHEMYOFFIRE.COM

LIAM

WHATSAPP: +353 87 099 0592

EMAIL: GETLIAMNOW@GMAIL.COM

INSTA: @ATHRU.BREATH





SACRED FIRE CEREMONY



Info&booking: +918219142204
@thealchemyoffire
@athru.breath



www.alchemyoffire.com



SACRED FIRE CEREMONY



Info&booking: +918219142204
@thealchemyoffire
@athru.breath



www.alchemyoffire.com



SACRED FIRE CEREMONY



Info&booking: +918219142204

@thealchemyoffire

@athru.breath



www.alchemyoffire.com



SACRED FIRE CEREMONY



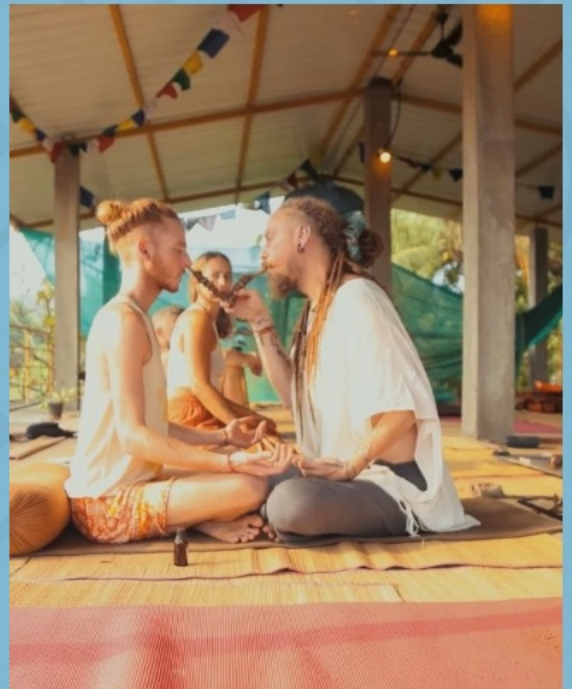
Info&booking: +918219142204
@thealchemyoffire
@athru.breath



www.alchemyoffire.com



SACRED FIRE CEREMONY



Info&booking: +918219142204
@thealchemyoffire
@athru.breath

www.alchemyoffire.com