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Transforming individuals & organisations from within

Path of the Sacred Spiral Retreat



An invitation to enter into an intimate Retreat

26-28 September 2025
Sandycove, Kinsale, Co. Cork, Ireland
(Non-residential)

Now more than ever humanity stands at a crossroads…

Amid rising disconnection, anxiety, and ecological crisis, the ancient wisdom of the Sacred Spiral calls us home – to ourselves, to each other, and to the Earth.

The Path of the Sacred Spiral Retreat offers a space for deep remembering, healing, and alignment. It's not just a retreat, it's a return to what matters most.

We need your presence, your heart, your voice.

Together we walk the spiral, together we awaken.

This retreat will involve a journey around a Sacred Spiral, inner and outer, physical and spiritual

Through nature, community, embodied practices, and ceremony we'll explore how to live with more presence, purpose and care – for ourselves and the world around us. This isn't just self-care, it's soul work.



Hearing the call of this retreat

Using the Sacred Journal cards in a Spiral Spread we will share our reflections and wisdom as we walk the spiral together. As a participant in this retreat, you will be wanting to grow, develop and to deepen your spiritual practices in a way that is unique to you as an individual, while also being able to contribute to and be nourished by a community of like-minded souls.

Together we will create a space of retreat for inspiration, courage and empowerment. The power of this collective field will ensure that each one of us will return home to

show up as an embodiment of our soul purpose empowered by our capacity to ground our qualities and skills in our interactions with the world.

As we come together, creating a healing light and speaking with our authentic voice, we will add into the growing universal consciousness bringing more compassion, kindness and love into our world.

The Physical Journey will take you to another land, for some of you it may take you to another side of the world, a pilgrimage of faith to "Monica's sweet spot of the Universe".

Sandycove is an idyllic little cove situated just 5km from Kinsale, the "Gourmet capital of Ireland".

Our Intention for this Retreat...

The Path of the Sacred Spiral is a life-enhancing journey which weaves earth-based wisdom, embodied and energetic practices, connection to self and others in a nourishing and inspirational environment.

If you are interested in joining us over the 3 days, you will be invited to complete an Expression of Interest form and have an online conversation with Rhona and Monica. Once it is confirmed you will attend the Path of the Sacred Spiral Retreat, we will send you a booking form to complete and then invite you to participate in an online call to co-create our sacred container in advance of the Retreat.

During the Retreat we will each:

- Complete the Sacred Spiral Spread using the Sacred Journey Cards
- Deepen into the embodied sense of your Soul Purpose
- Experience practices and rituals that can be personally tailored for you by you
- Have time for personal reflection, journalling, and a Nature Quest
- Participate in building an energetic network and ongoing support to resource you after the Retreat
- Be invited to share an update of how your journey on the Path of the Sacred Spiral is progressing in an online gathering at intervals of 3 months and 6 months after the Retreat

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Your hosts for this retreat are Monica Ross and Rhona Graham	
	

Shared Origin Story…

Rhona and Monica first met in 2011 at a retreat based at Samye Ling, run by a mutual friend Amanda Ridings. called Pause for Breath, it blended the principles and practices of Dialogue and Leadership Embodiment (LE).

Since then, our paths have spiralled in and out many times, sometimes in Scotland sometimes in Ireland. With a shared interest in deepening both the areas of Dialogue and LE practices we often found ourselves in the same workshops.

In 2014 Rhona visited Monica, for the first time, in her hometown of Sandycove near Kinsale (where The Path of the Sacred Spiral retreat is to be held) and it was then that they discovered that there was a lot more that they had in common.

Monica pulled out a set of oracle cards for Rhona to draw a spread with, only for Rhona to say she had exactly the same cards at home. It was the Sacred Journey Cards – the ones we will be using on this retreat. Rhona mentioned she used these cards in conjunction with The Sacred Journey Journal – delight reigned when Monica announced that she too used the same journal! And so, our spiritual connection and deep friendship began in earnest.

In 2019 Rhona participated in the 7 Turns of the Spiral Retreat that Monica facilitated with a colleague Karyn Prentice Fletcher. Thereafter we decided that we would like to co- facilitate a retreat or similar together and set about building a 'container' whilst we waited for the 'right thing' to appear. And appear it did.

During the lockdown period Rhona introduced Monica to some online training. It was being run by Chief Phil Lane Jr, an expert in Dialogue and the indigenous way of his people's Council (Dakota and Chickasaw First Nations) and was about the Practices and Principles of the 'Talking Circle.'

Over a number of weeks, we met other people across the world, including friends in Scotland, to learn and experience the practices and principles of a Talking Circle. Following the training we agreed that co-hosting a Talking Circle was to be our first venture together and so the Celtic Soul Sisters Talking Circle was created and still runs to this day, five years on. Rhona is also currently co-hosting a 'Sacred Sharing Talking Circle.'

In the years since then, Monica and Rhona have visited Samye Ling to attend an annual LE retreat run by the founder of LE Wendy Palmer. They met there again in August 2022, which sadly turned out to be Wendy's last visit to Scotland as she died 4 months later. Wendy's life was celebrated 2 years later, with the lighting of 1001 butter lamps during the retreat her daughter Tiphani hosted.

Rhona has participated in the Edgewalker Retreat and a number of Flow Games that Monica has hosted. Their interests have taken them in similar and different directions. Both hold a deep interest in the Earth based Wisdoms of Shamanism, Animism and Crystals. As mentioned before the use of Oracle Cards and Journalling are also regular practices for them both.

Rhona's journey has taken her to explore other natural elemental wisdom including that of air, fire, and water. Energy healing, esoteric healing and Systemic Constellations are the main focus of Monica's spiritual journey.

We continue to share our different practices with each other as we weave them into our daily lives, believing them to support us to show up as our true authentic selves and to live into our Soul Purpose on this precious Earth.

It is a mixture of these practices that we wish to share with you during this Path of the Sacred Spiral Retreat in the hope that as you connect with your own Spiral a weaving will occur. We hope that this leads you into the depths of your own self-awareness and that the soul connections you make will further support your own Soul Purpose journey on this precious Earth.

Practical Details

WHEN: 26-28 September – 10:00 - 17:30 (approx.)

WHERE: Sandycove, Kinsale, Co. Cork, Ireland (full address provided upon booking)

REFRESHMENTS AND BREAKS:

We will have morning and afternoon breaks with coffee/tea/water/snacks. There will be one hour for a light healthy lunch (provided) which participants normally like to spend together connecting more deeply, and a period of rest which can be used for a nap, communing with nature in silence, meditation, or journaling.

INVESTMENT - includes retreat fee, materials, and all refreshments. (Please note, flights, transport from Dublin, and accommodation are not included).

Early Bird: €1,107 + VAT (bookings before 21 June 2025)
Full Cost: €1,200 + VAT (bookings from 22 June 2025)

Non-refundable deposit of €250 + VAT to secure your place (with balance due in full by 28 August 2025).

STAYING IN KINSALE: Acknowledging you may have travelled a distance to attend, the following are links to local accommodation options **(please check availability ASAP as it is summer holiday period in Ireland).**

Local Airbnb

Booking.com

Next Step

Completion of Expression of Interest Form.

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What people are saying about working with Monica:

"The Edgewalker Retreat three-day experience helped me clarify my purpose, offering, and practices. More important, the retreat offered me a chance to go deep within myself in the company of others who are on the same journey and considering similar questions about how to live as the best expressions of ourselves.

Monica is an extraordinary facilitator and warm and generous host. She brings all her experience across multiple modalities to all the exercises she intentionally designs. But really, her gift is that she is living embodiment of the work she shares. Being in her presence is a once in a lifetime opportunity for deep transformation". JH

Being in Monica's retreat was a heart-opening experience that re-energized my focus and intention and re-aligned and re-engaged me with my inner guidance and revived my joy and contentment. I came away affirmed and eager to undertake my next milestones with joy." ER

"The Edgewalker retreat offered by Monica in the magical place of Sandycove was a special moment for me. I took the time to slow down, refocus, let go, and explore new territories of learning. I also met wonderful people with whom we co-created authentic, deep, and inspiring conversations. It must be said that we had the best host we could imagine in the irreplaceable Monica." MG

What people are saying about working with Rhona:

"Thank you for a powerful Circle. It is always amazing to see what emerges in this Sacred Space you have created." AD

"Thank you for creating, holding and sharing that beautiful Circle on Saturday. I feel nourished and grateful for all the wisdom and insights you shared so openly. The opportunity to reflect and reset was much needed." LL

"Thank you for all your help. Being listened to and heard has been life changing for me. I now know what sustains me even when life gets difficult. But I realise now, through our work together that I have choices and can do whatever I chose." Ali D