
YOU think

ADULT CREATIVE
WELLNESS RETREAT

KILKEA CASTLE - IRELAND
FEBRUARY 22-25, 2024

LET'S THRIVE TOGETHER



REST, RETREAT, RENEW & REINVENT



We retreat for many reasons—to rest, to heal, to learn, and to grow. Spending time in beautiful, welcoming landscapes restores and renews our very being. When we experience solitude and take time to meditate, reflect, and write, we reconnect with our inner selves and unleash the creative side that lives within us all. We can rediscover joy and deepen connections with friends old and new. YOUthink's Kilkea Castle and Martha's Vineyard retreats are thoughtfully designed to make such meaningful, magical experiences happen.



MISSION

BEST RETREATS



We believe that caring for others begins with caring for ourselves. YOUthink Creative Wellness Retreats were established to provide a spiritual, creative, and physical oasis for each guest but also as means of supporting YouthINK's teen nonprofit workshops. Guests at YOUthink Retreats will take satisfaction in knowing that a portion of their fee will be used to help a deserving teen attend an upcoming YouthINK creative mentorship workshop. It's a 360-degree approach that comes full circle the moment you decide to care for yourself.



YOUthink Retreat's inspiring locations have been chosen because they are inclusive and welcoming, and their idyllic surroundings feature some of the world's most natural and serene beauty. Kilkea Castle's enchanting 12th-century grounds, just 45 minutes southwest of Dublin, and Misty Meadows Farm, on iconic Martha's Vineyard, provide the perfect places to be still, to grow, and to find your inner creator. You'll enjoy a nurturing intellectual and emotional journey through quiet reflection, inspiring programs, and exhilarating activities led by some of the very best in the creative industries.

EXPERIENCE A FULLNESS OF TIME AT YOUTHINK RETREATS



01. SET YOUR INTENTION FOR A NEW DAY

Start your day with journaling, a morning walk, meditation and yoga followed by a silent breakfast to clean the slate so you can immerse yourself in the day.

02. FIND YOUR CREATIVE & PLAYFUL SIDE

Learn something new during the workshops and programs and take time to reflect on what you've experienced. Be reminded of the creative potential that lives within us once we can quiet the world around us.

03. EXPLORE THE HEALTH OF YOUR MIND & BODY

Enjoy bodywork, spa treatments, sound therapy, energy work and more. Partake in a meditative guided walk on the grounds, through the forest and breathe in the crisp air. Learn about ancient Celtic practices.

04. TAKE A DIGITAL DETOX & MEET WITH FRIENDS-BOTH OLD & NEW

Take a break from your devices with our digital free environment and connect with people while enjoying a leisure dinner and live entertainment. Then, end the day basking in silence as you prepare for a restful sleep.

RETREAT AGENDA

THURSDAY, FEBRUARY 22, 2024

Arrival Day 1 - Breakfast/lunch served & program begins at 2:30pm NOTE: Rooms will be ready for guests arriving that morning to rest

FRIDAY, FEBRUARY 23, 2024

Day 2 - Full program with special evening entertainment featuring award-winning local Irish musician Keith Harkin

SATURDAY, FEBRUARY 24, 2024

Day 3 - Full program with special evening event - Black Tie Kilkea Castle Ball NOTE: Hair & makeup available

SUNDAY, FEBRUARY 25, 2024

Departure day - breakfast served & transfers provided to airport for guests departing Sunday

SAMPLE DAILY SCHEDULE

6:30 AM	TEA/COFFEE
7:00-9:00 AM	SILENT BREAKFAST SERVED FROM 7-9AM
8:00-9:00 AM	YOGA & MORNING MEDITATION
9:00-10:00 AM	PROGRAM/WORKSHOP (WRITING/ACTING)
10:15-11:30 AM	PROGRAM/ACTIVITY (FALCONRY/MUSIC)
11:30 AM	<i>CHOICE TIME: LUNCH AT LEISURE, SPA</i>
TO	<i>TREATMENTS, WALKING MEDITATION,</i>
2:30PM	<i>TENNIS/GOLF LESSONS</i>
2:45-4:15 PM	WORKSHOP/PROGRAM (HEALTHY LIVING/STORYTELLING THROUGH POTTERY)
4:30-5:15 PM	BREATH WORK/SOUND THERAPY/PILATES
5:15-6:00 PM	BREAK
6-6:30 PM	WINE/CHEESE TASTING LOCAL VENDORS
6:30-8:00 PM	DINNER IN CASTLE
8:30-9:30PM	LIVE ACOUSTIC IRISH BAND

WE ARE PROUD TO ANNOUNCE DR. MARK KOVACS , VP OF HEALTH & PERFORMANCE AT CANYON RANCH WILL BE OUR FEATURE PRESENTER IN IRELAND - FEBRUARY 22-25, 2024

What is included in the YOUthink Retreat Package?

PRICING:

**YOUthink Retreat Single Package For
3 Nights: \$2,750 USD**

**Youthink Retreat Double Package (shared room
with one guest) For 3 Nights: \$2,000 USD**

Book at www.kilkeacastle.com

01. ALL MEALS & BEVERAGES

Beginning with breakfast/lunch on arrival day through the departure breakfast Sunday - all meals & beverages are included that are listed on the RETREAT MENU

02. ALL PROGRAMS & CLASSES

All programs, classes, workshops & concerts are included that are listed on the RETREAT ITINERARY

03. SPA TREATMENTS, TENNIS & GOLF LESSONS

Enjoy two 50-minute spa treatments per person with single package & one 50-minute spa treatment with double package. Tennis/Golf based on availability.

04. ENTRANCE WITH SEATED DINNER TO BLACK TIE BALL AT CASTLE

A formal ball with dinner & dancing will take place Saturday, February 24th at Kilkea Castle.

THE TEAM



CHRISTY CASHMAN

FOUNDER



SHANNON PASTUSZAK

EXECUTIVE DIRECTOR



MARY O'CONNOR

CREATIVE DIRECTOR



PADRAIG J. DUNNE

CREATIVE DIRECTOR

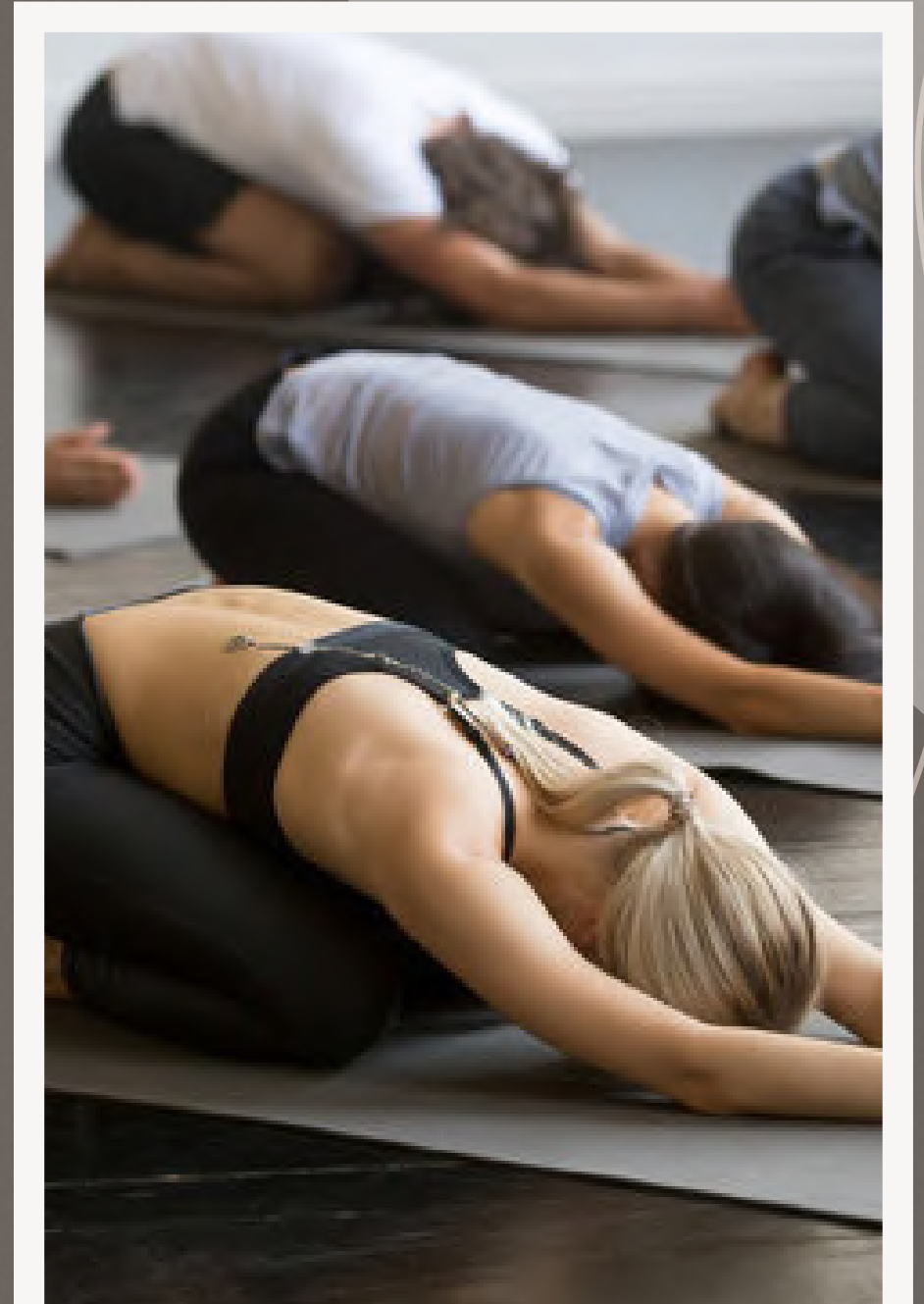
WWW.CHRISTYCASHMAN.COM/YOUTHINK-RETREATS
WWW.KILKEACASTLE.COM
WWW.YOUTH-INK.COM

“Yoga is the journey of the self, through the self, to the self.”
– The Bhagavad Gita.

ABOUT YOGA

Yoga is so much more than poses on a mat. It takes you into life in the present moment. It's an ancient philosophy that guides us with wisdom that brings transformation, both personal and societal. The practice of yoga helps to remind each of us that we are a unique expression of an undivided whole. Practicing yoga has been long revered as a way to ease anxiety and promote balance and calm. Yoga is not about reaching, it is about letting go of everything that prevents the light of our inner self from illuminating our moments.

“Yoga is not a work-out, it is a work-in. And this is the point of spiritual practice; to make us teachable; to open up our hearts and focus our awareness so that we can know what we already know and be who we already are.” – Rolf Gates



“Yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony.”

YOUTHINK CREATIVE MENTORSHIP PROGRAMS FOR TEENS



About YouthINK

Established in 2022 at Kilkea Castle in Castledermot, Ireland, by Christy Cashman, the YouthINK Creative Mentorship Program for Teens is a non-profit organization dedicated to providing tuition-free workshops in the creative arts. Under the leadership of Creative Directors Pàdraig J. Dunne and Dr Mary O'Connor, The YouthINK model aims to bring about a holistic transformation in the lives of young participants aged 13-18, their families, and the local community.

Facilitated by an exceptional team of Irish professionals and complemented by outstanding U.S. facilitators, the YouthINK program offers an exciting exploration of artistic expression. Participants delve into various aspects of creative arts, including script writing, story development, casting, acting, production design, performance, animation, filmmaking, producing, and directing. Through collaborative small-group work in a dynamic immersive environment, participants follow the unique YouthINK model that fosters a creative awakening, culminating in the creation of their original pieces that elevate their artistic talents to new heights.

YouthINK launched its first international chapter in Boston, Massachusetts, in August 2023. In partnership with the Commonwealth Shakespeare Company, the inaugural workshop, titled "Macbeth: The Decisions We Make," focused on Shakespearean themes and was facilitated by industry experts in theatrical and creative arts. The weekend kicked off with a private tour of the Boston Public Library's Special Collections, allowing participants to view the renowned 400-year-old First Folio of William Shakespeare's plays and gain insights into its historical context.

Over two days, participants engaged in hands-on creative exploration using the YouthINK model. The culmination of the workshop featured a presentation of original performances on Boston Common prior to participants watching the Shakespeare on the Common's professional production of Macbeth. Embracing a cultural exchange, three participants from the Ireland Chapter joined their U.S. counterparts for an inclusive experience. YouthINK workshops will be held annually in both Ireland and the U.S., and are free for all participants, including healthy meals, transportation between program events and exploratory trips of interest.

WHAT TO PACK



01. MEDIUM WEIGHT COAT, WATERPROOF CLOTHES, BOOTS, HATS/GLOVES & SHOES FOR OUTDOOR EXCURSIONS. TEMPERATURES ARE ON THE MILD SIDE IN IRELAND THIS TIME OF YEAR WITH AN AVERAGE DAILY TEMPERATURE OF 47 DEGREES FAHRENHEIGHT. PACK LAYERS.

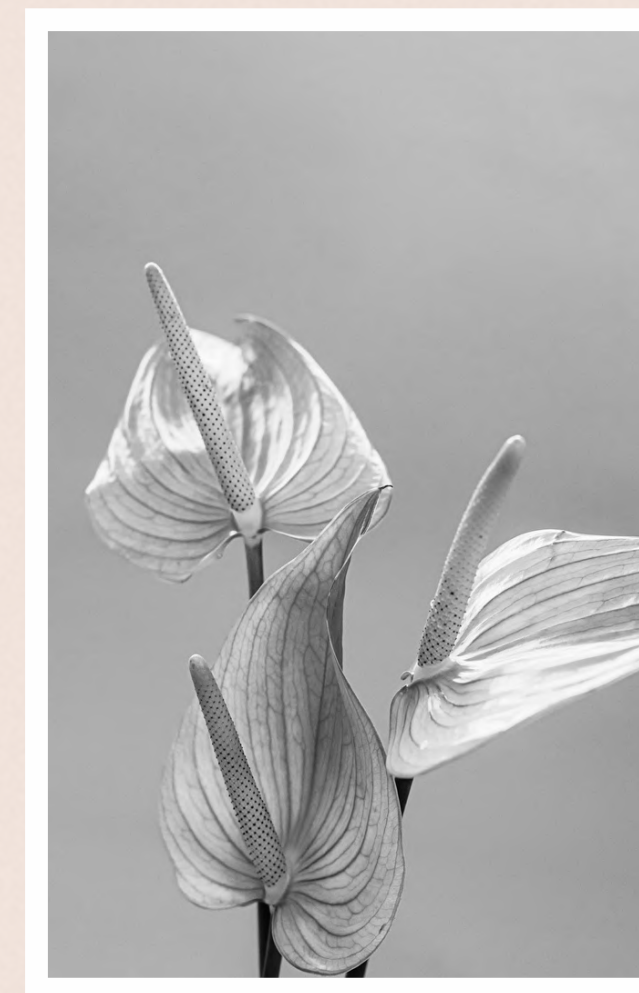
02. YOGA CLOTHING OR ATHLEISURE COMFORTABLE CLOTHES & SWIMWEAR. STRETCHY, NON-RESTRICTIVE ATTIRE IS BEST FOR INDOOR PROGRAMS & A SWIMSUIT FOR THERMAL SPA

03. FORMAL ATTIRE FOR BLACK TIE BALL AT CASTLE.

HAIR & MAKEUP SERVICES WILL BE OFFERED BY APPOINTMENT FOR AN ADDITIONAL FEE

REMINDER

Don't forget to
enjoy your practice. Whatever that
practice is for you...art, music, writing,
dance, yoga..just make sure it makes
your heart sing.





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YOUR JOURNEY AWAITS