

Inis Meáin

The Aran Islands are strewn across the Atlantic, delineating Galway Bay. Terraced slab of limestone form the basis of the islands.

Inis Meáin (the middle island) is the most pure maintaining senses of history from centuries. From above you get stunning views of waves dashing against the cliffs beneath. Water splashes all around the rocks ending in a gentle spray.



The place to be to recover one's breathe. Here it is where *Anamchara* offers you the possibility to discover hidden gifts and talents within yourself.

For whom?

Anybody who wants to elaborate on vital questions with professional support.

Anamchara

Anamchara originates from Gaeilge, the original Irish language. Literally it means "soul mate". It expresses the little "pearl" within ourselves which is mostly hidden but sparkles when you get inspired. At that moment you shortly have a clear sight about your motive in life.



Examples

Investigating a specific question, like:

- how to keep freshness in your daily life
- how to deal with stress
- how to find peace in yourself

Working on the vital question:

- how to acquire form and substance in lifetime?

General themes:

- to become who you are
- biographical themes
- how to become inspired

About the companion

Elisabeth Koopmans is married and mother of four grown-up children, living at Inis Meáin. Psychologist (Utrecht, 1985) was employed as such in an organisation for young people with special needs. Inspired by anthroposophy. While rearing the children participated in many courses on human development.



Since 2006 private practice for self-development, *Anamchara*, to support individuals and small groups on personal themes which matter to life. *Anamchara* is counselling individuals and small groups.

Anamchara offers courses on human development, biographical themes and for taking control of one's life. *Anamchara* offers training for individuals on themes as presented in this leaflet.

Anamchara prepares its courses and trainings tailor-made.

Period

The period of retreat can vary from just a couple of days, with a minimum of three days, to a whole week. The retreat can also be composed of a number of weekends, e.g. one weekend each month during half a year.

Prices

The price per person per day is € 160, which includes full board. For the minimum duration of three days this totals to: € 480.

For specific wishes and questions, just contact *Anamchara*.



Information

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How to get to the island

For ferries to the islands, visit: www.aranislandferries.com

Arrival at the island is by ferry from Rossaveel, as a rule, around 7:30 pm, while departure from the island is around 4:30 pm.

There is also an airplane service: www.aerarannislands.ie



Retreat at Inis Meáin



Re-discover who you are
and what you want