

FAQ

Rooted & Rising Retreat 2026 Frequently Asked Questions

Welcome to Rooted & Rising — a special two-night retreat celebrating 10 years of MindfulSoul.

We know booking a retreat is an investment in yourself, so we've answered some of our most commonly anticipated questions below.

If there is anything else you would like to know, please feel free to reach out to:

connect@mindfulsoul.me

FAQ



Where is the Retreat held?

Sandhill House, Donegal, Ireland
A peaceful countryside setting
surrounded by nature, providing
the perfect environment for rest,
reflection and renewal.

When is the Retreat?

13th - 15th November 2026.

Check in from 2:00pm on Friday
and depart by 1:00pm on
Sunday.

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Can I pay in installments?

Yes. We offer a flexible three-month payment plan.

Your first payment secures your place, with two further monthly payments due afterwards.

Please ensure your final payment is completed by 10th October 2026.

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How many guests are attending?

To maintain an intimate and personal experience, the retreat is limited to 18 guests.

This allows us to create a supportive atmosphere while ensuring everyone has space to connect, reflect and enjoy the weekend.

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Can I attend alone?

Absolutely.

Many guests attend retreats on their own, and Rooted & Rising is designed to be a welcoming space where you can arrive as you are.

You will have opportunities to connect with others throughout the weekend, while also having space for personal reflection.

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What is the accomodation?

Accommodation at Sandhill House is provided in comfortable, shared twin and triple rooms with a single bed for each guest.

Private rooms are not available.

If you are attending with a friend and would like to share a room together, we will do our best to accommodate your request.

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What food will be provided?

All meals and refreshments are included from Friday afternoon through to Sunday morning.

We will provide nourishing, wholesome meals throughout the weekend.

When completing your welcome form, you will be able to share any dietary requirements or allergies with us.

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Do I need experience?

Not at all.

All yoga, chi me and movement sessions will be suitable for a range of experience levels and will focus on connection, movement and relaxation rather than performance.

You are always encouraged to listen to your own body and honour what feels right for you.

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Is the Retreat Alcohol Free?

Yes.

Rooted & Rising is an alcohol and recreational substance-free retreat.

This allows us to create a calm, intentional and supportive environment where guests can fully embrace the experience.

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What if I have health issues?

Please share any relevant information with us through your guest welcome form.

We will always do our best to support your comfort and adapt activities where possible.

Please note that the retreat does not replace professional medical advice or treatment.

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Will there be photography?

We may capture photographs and short video clips throughout the retreat to share the atmosphere and experience of Rooted & Rising.

We respect everyone's privacy and will ask guests for their photography preferences before attending.

No confidential or personal information will be shared, and video content will not include guest conversations or spoken audio.

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What if I have to cancel?

Due to the commitments involved in organising a residential retreat, including venue and supplier costs, payments are non-refundable unless your place can be transferred to another participant.

Please refer to our full Terms & Conditions for further information. We recommend arranging suitable travel insurance to protect your investment.

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What happens after I book?

Once your payment has been received, you will receive a welcome form to complete with your contact details, dietary requirements, accommodation preferences and any information we need to support your experience.

Closer to the retreat, we will share everything you need to know, including your itinerary, packing guide and final details.

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Need anything else?

If you have any questions that haven't been answered here, please get in touch.

We would love to hear from you and help you feel confident about joining us for this special weekend.

With love,
Lori & Emma

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