



# A day of reflection in Glendalough

SPIRITUAL RETREAT FOR SECONDARY SCHOOL STUDENTS

**Glendalough, Co. Wicklow**

A journey into peace and purpose

Lighting the way for  
young hearts and minds.

**We shine bright when  
we shine together.**

# Step into sacred ground

Join us for a day of connection, calm, and spiritual discovery in the heart of Glendalough — a place of incredible natural beauty and deep spiritual roots. Founded by St. Kevin in the 6th century, Glendalough has been a place of retreat and reflection for centuries.

Let your students walk the same peaceful paths, guided through stillness, nature, and a sense of something greater.

## What the day includes:

- A guided experience of the Monastic City
- A reflective walk through the glacial valley
- Opportunities for quiet reflection, connection, and prayer
- Group time to share, breathe, and grow
- Activities to promote mindfulness, spiritual awareness, and joy
- A chance to slow down and just be

## Retreat details:

**Location:** Glendalough, Co. Wicklow

**Meet at:** Glendalough Visitor Centre at 10:15am

**Finishes:** Approximately 2:00pm

- Suitable for all secondary school age groups
- Inclusive for all beliefs - and none

## Why schools choose shine bright:

- Thoughtfully designed to support student wellbeing
- Rooted in tradition, but relevant for today's teens
- And of course the friendliest facilitators
- An enriching day that students remember

### contact us

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