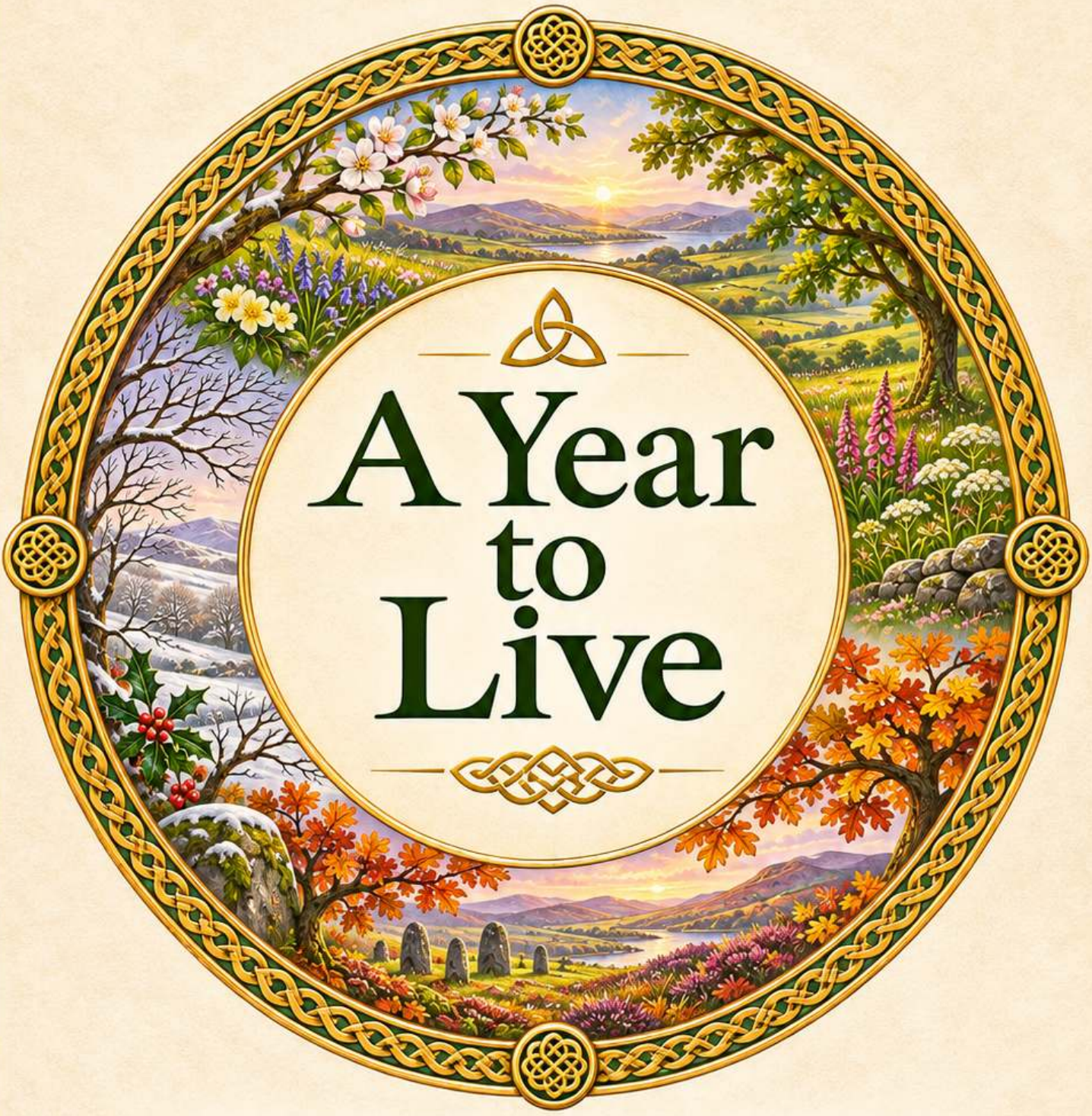
A SACRED INVITATION



A Year to Live

MARCH 2027 – FEBRUARY 2028

A 12-month facilitated journey

MARTINA BREEN | JOHN DOHERTY

WELCOME

What matters most?

To take the title seriously is to let the truth of our mortality accompany us in the life we are living now. It is a way of asking: What matters? What feels unfinished? What wants to be loved, forgiven, released or lived with greater intention?

From March 2027 to February 2028, Martina Breen and John Doherty will accompany this facilitated journey of reflection, spiritual teaching, shared inquiry and integration. We will draw on the teachings of Stephen Levine, Angeles Arrien, Frank Ostaseski and Scott Eberle, exploring the Eight Gates of Wisdom and the Five Invitations.

The Celtic Wheel offers a seasonal map for the journey. Its turning through awakening, blossoming, harvest, release, darkness, rest and renewal invites us to reflect on our own experiences of change, grief, gratitude, love and becoming.

This journey is for anyone seeking a deeper relationship with life and death, whether navigating loss, moving through a life transition, or feeling called to live more fully.

No previous experience is needed; you are invited to take part at your own pace.

What is ready to be lived, loved, completed or offered in the time that is ours?

THE JOURNEY AT A GLANCE

A year, held together.

Teaching, reflection, companionship and integration

THREE IN-PERSON GATHERINGS

01

Opening retreat

5-7 March 2027 / Alicante, Spain

Set an intention for the year and begin together in a spirit of attention and openness.

02

Mid-year retreat

3-5 September 2027 / Wicklow, Ireland

A dedicated retreat in Ireland for forgiveness, repair and release.

03

Closing retreat

25-27 February 2028 / Alicante, Spain

Gather the learning, honour the journey and mark a threshold into what comes next.

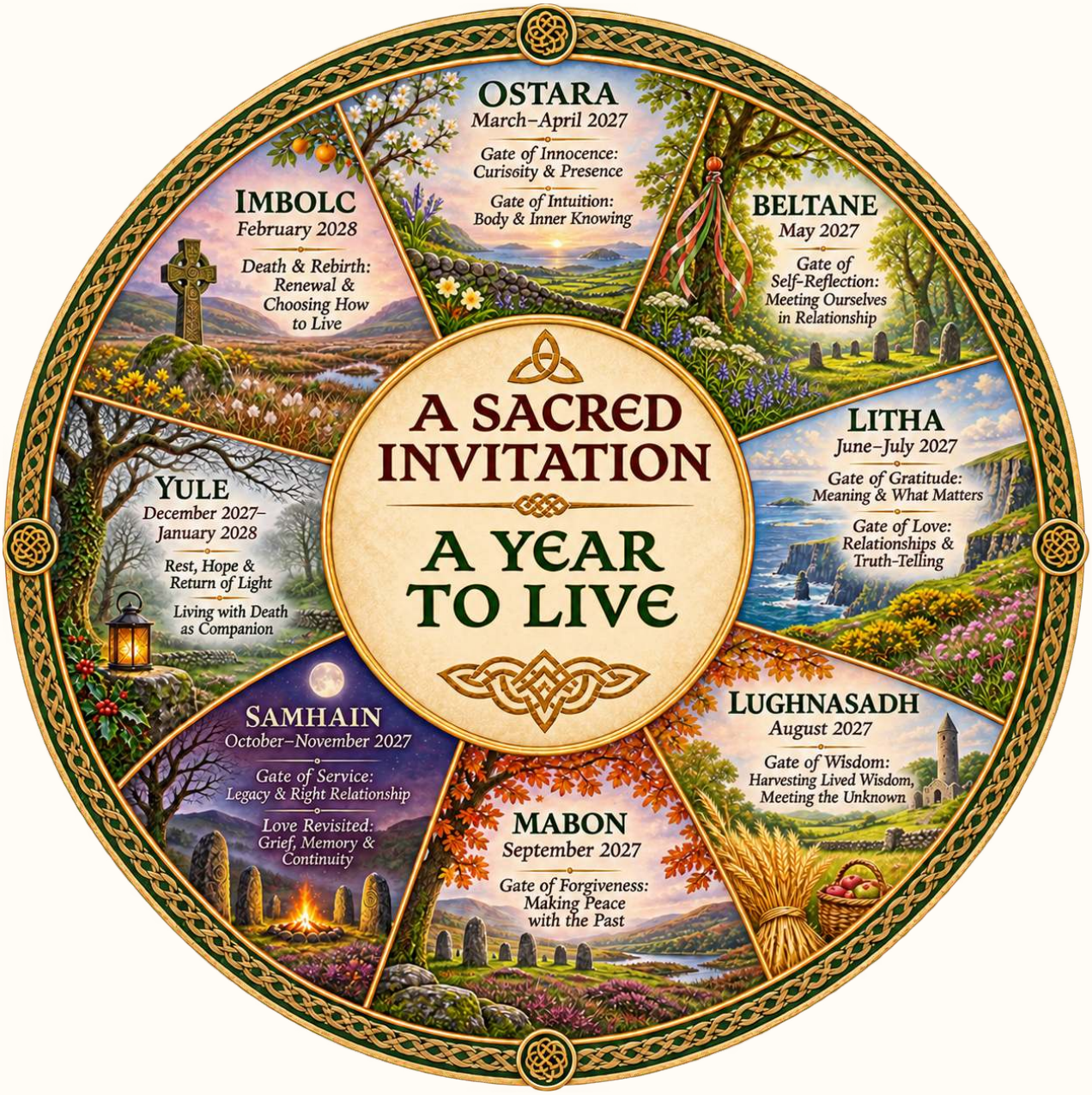
NINE MONTHLY ONLINE TEACHINGS

1 hour 45 minutes per Zoom session, with spiritual teachings and guided reflection.

Monthly peer support groups and a supportive online community offer space to share, listen and integrate what is emerging.

THE TURNING OF THE WHEEL

Held by the seasons.



Guided by the ancient Celtic Festivals, mindfulness practice, spiritual reflection, ritual and community, the year becomes an invitation to meet life more honestly and fully.

The Wheel is a companion and a map for reflecting on our lives, our mortality and what matters most.

TWELVE MONTHS, EIGHT GATES

A rhythm of renewal.

A seasonal rhythm for reflection, change and renewal

MARCH 2027 / OSTARA

Innocence - Receiving the Prognosis

Curiosity and presence.

APRIL / OSTARA

Intuition - Awakening to Life

Listening to the body and inner knowing.

MAY / BELTANE

Self-Reflection

Meeting ourselves in relationship.

JUNE / LITHA

Gratitude - Creativity

Meaning and what matters most.

JULY / LITHA

Love - Embodiment

Relationships, truth-telling and completion.

AUGUST / LUGHNASADH

Wisdom - Life Review

Harvesting lived wisdom; meeting the unknown.

SEPTEMBER 2027 / MABON

Forgiveness

Making peace with the past.

OCTOBER / SAMHAIN

Service

Legacy, blessing and right relationship.

NOVEMBER / SAMHAIN

Death as Companion

Grief, memory, ancestry and continuity.

DECEMBER / YULE

Stillness - after death comes silence

Stillness and the return of light.

JANUARY 2028 / YULE

Death and Rebirth

Light begins to return.

FEBRUARY / IMBOLC

New Life

Renewal and choosing how to live.

The Gates return and deepen as the year turns.

WISDOM AND COMPANIONSHIP

Ways of meeting life.

Contemplative teaching, Celtic wisdom and shared inquiry

The programme draws on Stephen Levine, Angeles Arrien, Frank Ostaseski and Scott Eberle. Their teachings sit alongside the seasonal wisdom of the Celtic Wheel and the lived experience of the group.

THE EIGHT GATES OF WISDOM

Innocence

Intuition

Self Reflection

Gratitude

Love

Wisdom

Forgiveness

Service

THE FIVE INVITATIONS

Frank Ostaseski's invitations accompany and deepen the journey:

Don't Wait

Welcome Everything,
Push Away Nothing

Bring Your Whole Self
to the Experience

Find a Place of Rest
in the Middle of Things

Cultivate Don't-Know Mind

The Eight Gates shape the monthly themes; the Five Invitations offer a continuing practice for how we meet what arises.

THE PEOPLE BEHIND THE JOURNEY

Experience. Presence. Care.

Accompanying the year through retreat, teaching and shared reflection

Martina Breen



Martina is an accredited Gestalt psychotherapist, Spiritual Companion, Forgiveness Ambassador, certified Circle of Forgiveness® facilitator and Certified Sage-ing® Leader based in Ireland. For more than 25 years, she has accompanied individuals and groups through life's transitions using psychotherapy, contemplative practice, life review and experiential learning.

Passionate about reshaping cultural narratives around ageing and dying, Martina creates programmes exploring conscious ageing, grief, forgiveness and spiritual growth. Her work invites people to meet change and mortality with presence, and to discover meaning, resilience and renewed purpose. In A Year to Live, she brings this experience to exploring what matters most and how we might live more fully with death as a companion.

John Doherty



John is an ordained One-Spirit Interfaith Minister, mindfulness and spiritual wellbeing teacher, professional supervisor, and Director of The Beehive Mindfulness School. He is a founding member of the Supervisors Association of Ireland. For more than 25 years, he has worked in personal and spiritual development, facilitating courses, workshops and retreats in Ireland, Spain and online. His work brings together mindfulness, spiritual counselling, reflective practice and experiential learning. In A Year to Live, he and Martina accompany participants through a contemplative exploration of mortality, meaning and what it means to live more fully.

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