



## *Gourmet & Goddess*

weekend experience at The Tower House  
Thomastown, Co. Kilkenny.

*.....an exciting blend of recipes to nourish the mind, body and soul.*

September 10th to 12th

October 8th to 10th

October 29th – 31st

November 19th – 21st

### YOUR WEEKEND ITINERARY

Friday afternoon

3.30pm – arrival and check-in

3.45pm – coffee, scones and famous Tower House brownies.

*We all eat and it would be a sad waste of opportunity to eat badly – Anna Thomas*

4.30 – 6.00pm – *Goddess*

Introductory session with Trina - MAGIC

*When a woman connects with her magic, miracles happen.*

A fun opening session with crystals, angel cards and learning how to activate your personal divine magic.

6.30 – 7.00pm – *Gourmet*

Welcome cocktail in the conservatory and presentation of your  
Friday evening feast with Trisha.

7.00pm

Friday Evening Dinner featuring the  
Tower House Signature Board A taste of the sunny South East.

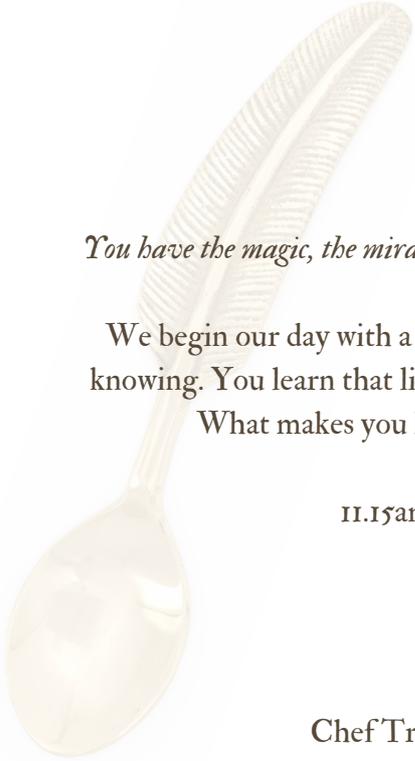
Complimentary glass of wine with dinner.

(please note guests are welcome to bring their own wine.)

Saturday Morning

8.00am – Breakfast - *Gourmet*

(see Trisha's Tower House award-winning breakfast menu in the dropdown bar above)



*Gourmet ☺ Goddess - Saturday Morning*

9.45am – Goddess

Session 2 with Trina – MINING

*You have the magic, the miracles, the power and the tools – they're all right at the centre of your heart and that's where you'll find what you're looking for – Kyle Gray*

We begin our day with a short meditation and begin the journey of opening up to your powerful sense of knowing. You learn that life is a series of cycles and phases and we go mining for your personal vein of gold.

What makes you light up, gives you goosebumps or tickles your tummy with excitement?

11.15am – coffee and Trisha's delicious energy-boosting Powerballs

11.45am – Gourmet

*Watch...*

Chef Trisha's live cookery demonstration in the Tower House kitchen.

Relax as she reveals the secrets of an organised and well run kitchen.

In her friendly no-nonsense style she shares her recipes for nutritious, seasonal and local foods with you and amazes you with the often surprising 'magic ingredients' that turn a simple dish into a taste sensation.

All notes and recipes provided.

Q&A with Trisha.

1.00pm – Lunch.

*...and taste*

the unexpected pleasure of seasonal foods at their peak of flavour.

*.....then take a tranquil walk*

along the banks of the River Nore - directly accessible through The Tower House back gate.

You may have to step back and allow a waddling line of impatient ducks through before you though!

2.30pm - Goddess

Session 3 with Trina - LOVE

*Who were you before the world told you who you should be? – Danielle LaPorte*

This session focuses on falling in love with how you feel, look and live everyday, and we answer the powerful questions many women never ask of themselves '*How do you want to feel? What makes you truly happy?*'

3.30pm – Break for coffee and Tower House Treats.

4.00pm – Goddess

Session 4 with Trina - MAJESTY

*Placing a beautiful crown upon her head she reminded herself that she is a powerful, resourceful and wise woman worthy of her chosen realm.*

What follows I Am is the most powerful magic word you can use to create anything you can imagine for yourself. Imagination, majesty and magic keep us sovereign. We are all Queen of something wondrous and extraordinary. Find your majesty and know your realm.



*Gourmet & Goddess - Saturday Evening*

5.15pm – *Gourmet*

AN EXPECTATION OF PLEASURE with Trisha – *We eat first with our eyes!*

We move to the conservatory where Trisha gives a presentation on the visual appreciation of food, creating the ‘wow factor’ and why we associate food with celebration. As she discusses your Saturday evening Gala Dinner, she talks about food presentation and finding pleasure in seasonal foods so that throughout the year, life is a continual and balanced feast at Mother Nature’s table.

5.45pm to 6.45pm – *Goddess*

MAGIC TOOLBOX

A special session (5) unlocking the secrets and messages of the angels.

Trina is a Hay House Certified Angel Guide and in this session she shows you how to enjoy reading angel oracle cards for yourself whether its something you use to help you live magically every day, occasionally or when you are seeking guidance on a specific subject.

7.00pm – *Gourmet*

TOWER HOUSE GALA DINNER

*To be a true adventurer in the realm of taste, you do not have to be a gourmet. You must however be appreciative and receptive, with a salt and a peppering of curiosity and experimentation.* – Oliver A Wallace

‘Tastes of the Island of Ireland’ – A Tower House Speciality Dish.

Trisha has carefully selected the very best of the Irish land, sea and soil and has created a celebration of all that is wonderful about Irish food and those who produce it.

Enjoy your Saturday evening feast with a complimentary glass of wine and take the opportunity to bring your culinary curiosity to Trisha in an after dinner Q&A.

Sunday Morning

8.00am – Breakfast – *Gourmet*

Another chance to enjoy Trisha’s hearty and deliciously healthy breakfast.

9.30am – *Goddess*

Session 6 – MIRACLE MINDSET AND INSPIRED ACTION

*Only love does real magic.*

Using Trina’s unique ‘Living Magically Everyday’ workbook, in this session she helps you design the life you love using the wisdom your heart reveals to you and your *personal magic words*, we begin immediately with a structure or plan for moving forward.

Using some of the elements of the magical toolbox which you’ve been exploring over the previous sessions, she sets out the practical steps to help you bring your unique *extra-ordinaryness*, your way, to the world around you.

## *Gourmet & Goddess - Sunday*

10.45am – coffee with Sunday morning sweet treats.

11.15am – *Gourmet*

*Few pleasures are more satisfying than coming in to a warm house filled with the aromas of freshly baked bread and slowly simmering soup.*

–Darra Goldstein (The Winter Vegetarian)

Trisha brings us the smell of good bread baking as her demonstration this morning focuses on bread and its most perfect accompaniment - comforting, nourishing, often healing soup!

This demonstration will help you discover your confidence in preparing and cooking this most versatile of all foods and send you home with recipes which you can enjoy alone or shared with family and friends.

1.15pm *Gourmet & Goddess*

Celebratory conclusion of your weekend experience on the river bank.

*A rising tide lifts all ships and it's only by being the example of what you wish for others that they will learn this wisdom for themselves.*

Our weekend comes to a close and we say goodbye with a glass of bubbles on the bank of the majestic River Nore.

Each guest receives Trina's  
*30 days of Magical Rest - for healing, for wisdom, for radiance, for love* workbook,  
which will help you commit to daily acts of soulful self care from this day forward.

Our host Trisha bids us farewell with her parting gift of her specially curated *goody bags* ensuring that you continue to enjoy her Tower House treats long after your weekend is over.



*The food we use to feed our body  
and the thoughts  
with which we feed our mind  
can be powerful medicine.*

-Trisha & Trina

