A Dose of Well-being

The quarterly newsletter from Cneasú & The Gluten Free Kitchen Company

Issue 01 | Winter 2026



Christmas Menu 2026

Our 2026 Christmas Menu is now live on the website - order book open until December 15th or when slots fill.
Dedicated courier date Dec 16th.
Collections from Dec 21st to 23rd.

T&C's Apply!

News on Cneasú the Podcast

&

Our Annual Retreat!



Cneasú the Podcast.

Cneasú the Podcast Season 1 is live on Spotify & Substack.

Cneasú the Podcast

Our official launch party was on March 8th 2026 in the Pavilion, Ballygarry Estate, Leebrook, Tralee, Co. Kerry (Ire).

Our Next Live Podcast Event will be March 21st 2027

Book Tickets here!



Cneasú Retreat 2027.

Our Annual Retreat Returns March 19th to 21st 2027. Full weekend package now on sale directly through Ballygarry Estate direct!

Cneasú 2027 Retreat

One Day Retreat Tickets without accomodation

Sound Therapy

Fundraisers & Petitions

- **Cneasú the Podcast are currently fundraising for Season 2 & our Independent Cneasú Website - we would love your support.**

We are fundraising on idonate or accepting direct contributions!

- **We are also currently inviting our community to sign our Petition on Uplift to Demand an Expert Endometriosis Framework as well as a National Inquiry.**
- **Uplift Contact the TDs in your Constituency Directly.**

Upcoming Events

Join us for wellness-focused events:

- **Cneasú Annual Retreat:** Ballygarry Estate, Leebrook, Tralee, Co. Kerry (Ire). March 19th to 21st 2027.
    - One Day Retreat March 20th 2027 10.30am to 19.30pm
- **Cneasú Sound Therapy in the Lodge with Caroline Brolly:** March 20th 2027 at 17.30pm - 19.30pm.
- **Cneasú the Podcast Live in the Pavillion:** March 21st 2027 International Women's Day 12noon to 3pm!

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