

SENSORY ATTACHMENT INTERVENTION

www.sensoryattachmentintervention.com



REGULATING GARDENS

20TH & 21ST JUNE 2026

HALF DAY WORKSHOP

ASH COTTAGE

BALLYNAHINCH, NORTHERN IRELAND

£75



Ash Cottage Regulating Gardens, 30 minutes south of Belfast, is a truly magical space, a creation of Occupational Therapist **Éadaoin Bhreathnach** and her husband **Ray Cashell**. It's a lovingly recreated world of places and stories from Éadaoin's childhood, incorporating elements like the seaside, her grandfather's pond, currachs, and the Fermanagh Lakes. The gardens draw inspiration from powerful narratives, including Irish and Greek mythology and the enduring charm of Frances Hodgson Burnett's *The Secret Garden*. Designed as a place of healing and restoration, each garden room has been thoughtfully planned for its symbolism and regulating properties.

This workshop is only open to those attending the SAI Conference.

<https://www.sensoryattachmentintervention.com/saiconference>

We will offer four workshops with 8 places on each across **Saturday 20th June** and **Sunday 21st June**.

Workshops will run from:

9.30 to 12.30 & 1.30 to 4.30

To book contact: info@sai-centre.com after you have book your place on the SAI Conference.

Cost: **£75** (this includes craft materials and light refreshments)



TIME TABLE



- ◇ Welcome to Ash Cottage with Tea & Coffee.
- ◇ Explore the gardens.

GROUP 1

4 participants split up to spend reflective time in each of the following spaces:

- ◇ Salmon of Knowledge Walk & the Celtic Labyrinth.
- ◇ Orchard, Fernery, Pond and Kayak.
- ◇ Willow Tepee, Marty's Ark, Sitting under the Fairy Tree and Cottage Garden
- ◇ Beach and Summer House.

GROUP 2

Weaving Workshop:

Making a small woven item for house or garden (easy to pack if you are flying). Using materials such as willow, reeds and dried flowers. A selection of examples will be provided to stimulate ideas.

- ◇ Then the groups swap and Group 1 do the weaving workshop and Group 2 spend reflective time in each of the garden areas.
- ◇ Finally we will all gather together around the table with refreshments for conversation and reflections on use of the garden spaces.

