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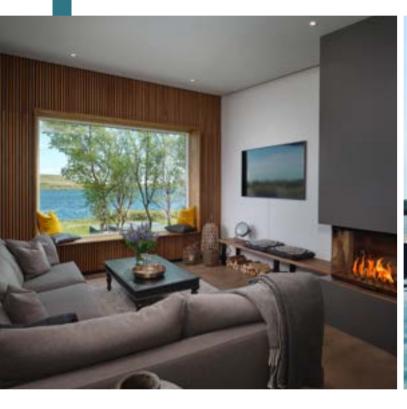
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Eirð(Pron: Aerth) is an old Icelandic word that stands for inner peace and tranquility

### PEACE NATURE MINDFULNESS

#### Become still and grow





#### 1.0 ABOUT EIRĐ

Words cannot describe how truly beautiful Eirð Retreat is, the location is stunning, peaceful and unique

**YVETTE W** 

Eirð is a purpose-built waterfront retreat on Iceland's south coast. It is the ultimate relaxation and reflection destination, a place of true tranquility.

Eirð's unique location on a peninsula by Lake Gislholtsvatn provides you with a direct, mindful connection to nature.

A proper privacy retreat, Eirð consists of several buildings, the design of which blend together an old Scandinavian lodge style with modern Scandinavian architecture.

The main building features a large kitchen, a library with a wood burning stove, a dining

area and a fireplace nook, in addition to three bedrooms and two bathrooms with showers.

Just outside this main building there is a large hot tub (pictured above) that uses geothermal water.

Eirð also boasts a purposebuiltseminar room / yoga studio with beautiful lake views. This building also has four bedrooms, each with a workstation or desk and their own bathroom with shower.

Finally, Eirð offers three spacious guests houses. Each guest house has two single beds (or one double), a bathroom with shower and



In total Eirð has 10 bedrooms and is suited for up to 20 people.

#### Other Activities

At Eirð we offer kayaking andpaddle boarding directly on the lake, as well as mountain bikes for use in the immediate vicinity.

Within a 30-90 minutes' drive from Eirð you will find the major tourist attractions of: Thingvellir, Geysir, Gullfoss and Mount Hekla. Also you will find the infamous Eyjafjallajökull volcano, river rafting on the river Hvítá, horse riding, a volcanic crater at Kerið and the picturesque Þórsmörk highlands.

This is just a fraction of the attractions! Please note other activities listed here are charged extra.

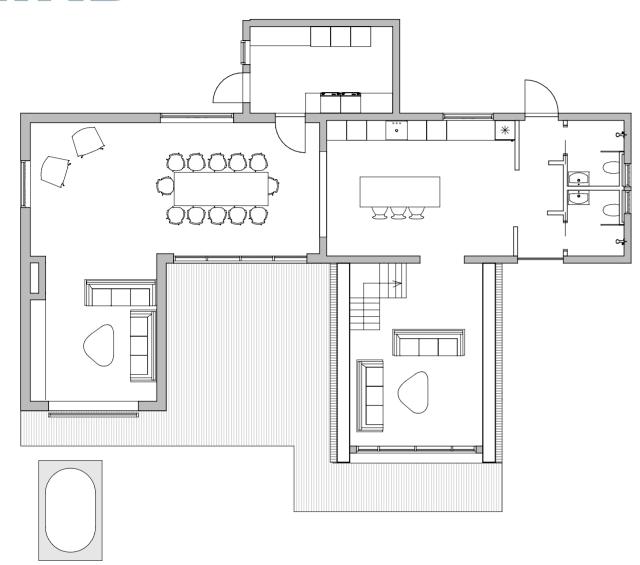




from Reykjavik & 90 minutes from Keflavik Airport

Click the map to explore activities

## **EXPLORE EIRD**



### 2.0 MAIN HOUSE 1<sup>ST</sup> FLOOR

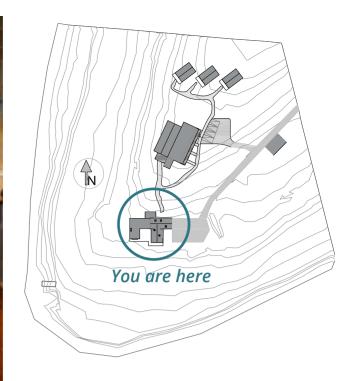
Where Scandinavian design meets communal comfort...

The first floor of the main house features: A large kitchen, ideal for cooking together. A library filled with our favourite books, to read by a cozy wood burning stove. Two bathrooms with showers. A large dining area that opens out onto a patio with a stunning lake view and a fireplace nook that seats up to 14.

At past events it has become clear how easily the house accommodates groups of 12-20.

Some may be chatting in the library, while others are enjoying the fireplace nook on the other side of the building, while yet others are cooking in the kitchen or enjoying the view and fresh air on the outside patio.









Come together - Make connections

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# **EXPLORE EIRD**



### 2.1 MAIN HOUSE 2<sup>ND</sup> FLOOR

Sleep in style...

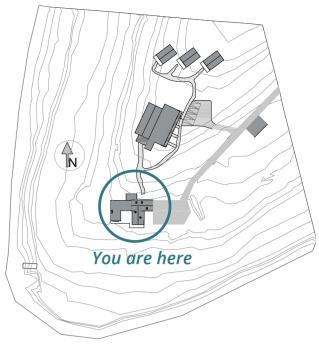
On the second floor of the main house there are three bedrooms. They have been named Trust, Humility and Gratitude. (See the section on The Inner Compass 3.0).

In addition, there is a sofa bed in the hallway of this floor that in addition to the other three rooms, sleeps two more guests. While these bedrooms do not have their own bathrooms (they are downstairs), they perfectly capture the old Scandinavian lodge style that Eirð has become known for.

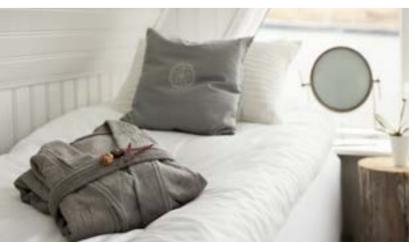
Here you truly sleep in style.



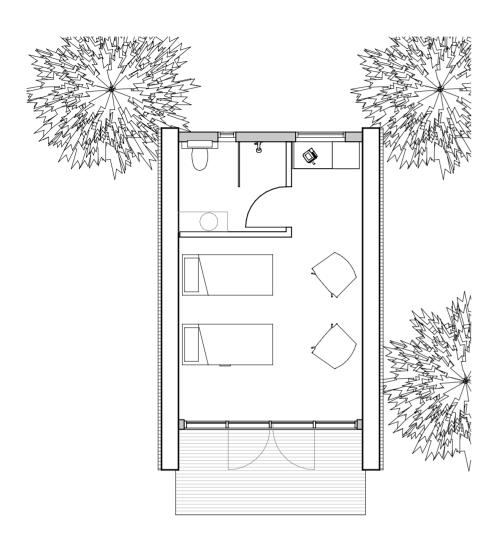








# EXPLORE EIRD



### 2.2 THE GUEST HOUSES

Sleep in seclusion...

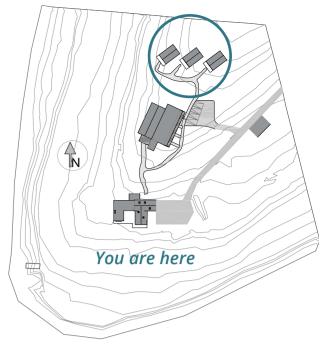
Eirð features three guest houses that offer outsized lake-view windows and with extra soundproofing, both seclusion and tranquility.

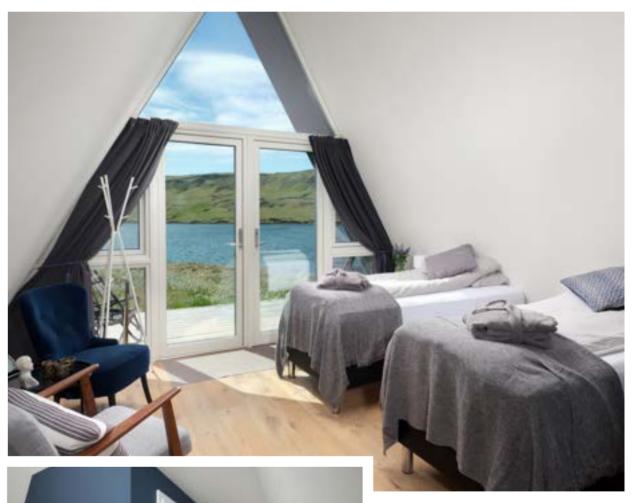
Each guest house has two single beds (or one double), and an ensuite bathroom complete with a spacious shower.

In addition, they have a fridge, a coffee maker, tea kettle, dishes, glasses, cutlery and a loudspeaker.

Our guests love enjoying summer evenings on the private patio of their guests houses, where we have placed both chairs and lanterns.

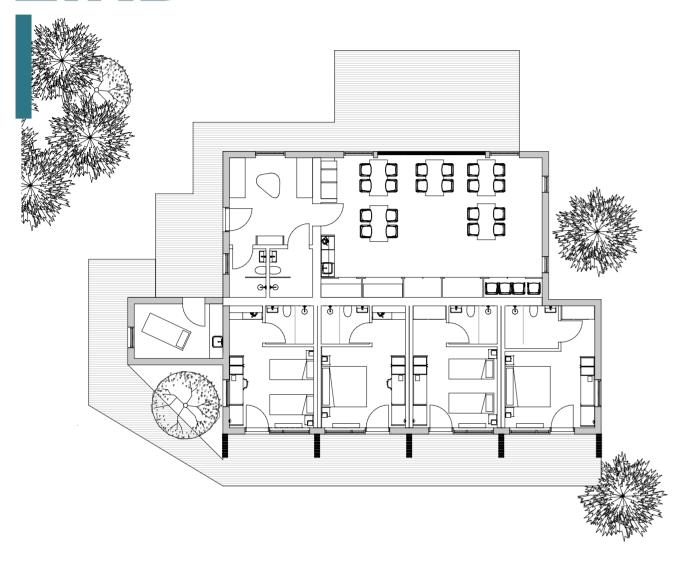






Rest in privacy and tranquility

# EXPLORE EIRD



### 2.3 GUEST ROOMS

Retreat in brand new comfort...

The newest building addition includes four bedrooms, each with a private bathroom with a shower.

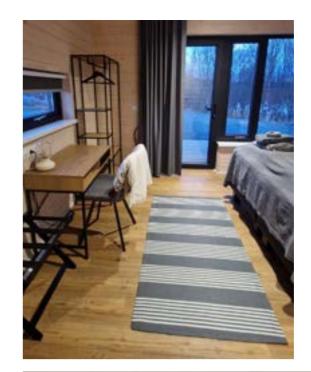
Each room offers a small desk workstation, as well as a fridge, coffee maker (Nespresso compatible), hot water kettle, dishes, glasses and cutlery.

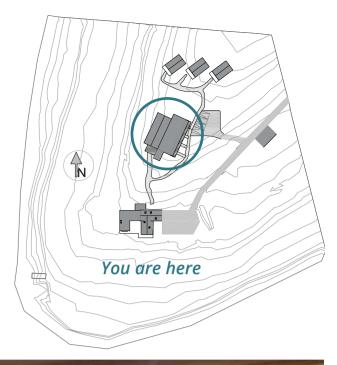
As we believe our guests come to visit us for relaxation

and mindfulness, we therefore do not offer televisions in the rooms, we do offer loudspeakers. We will happily give you access to our Eirð Retreat playlist of relaxing mantras to enjoy.

and grow

Rest

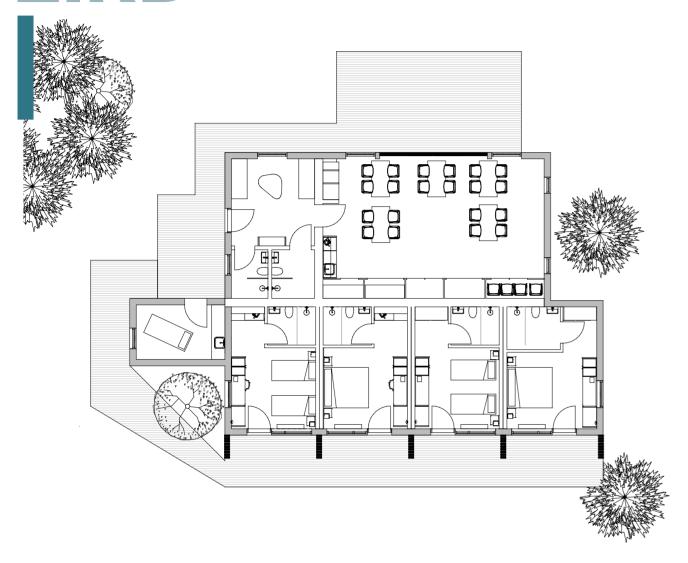








## EXPLORE EIRD



### 2.4 SEMINAR SPACE

By recognising and accepting my own ego-patterns I have been able to transcend them and transform my leadership style

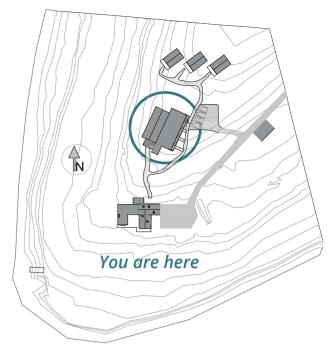
RETREAT DELEGATE

This purpose designed building boasts a large, well equipped seminar space. It is perfect for workshops, business meetings, seminars, retreats and yoga sessions.

With massive west facing windows, this space looks out on to a patio which has a stunning lake view.

The Strategic Leadership Group uses Eirð Retreat for its international leadership retreats. It is therefore equipped with all the features you would expect of a modern working facility such as high-quality audio-visual equipment (including projectors, screens, microphones, and speakers) and flexible seating arrangements.









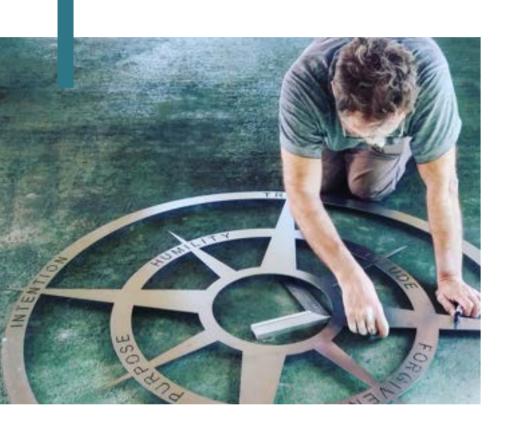
Learn and develop

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# THE INNER COMPASS

While I struggled to explain the effect that this retreat has had on me, the people in my life can feel it. I am calmer and more focused on making meaningful and lasting impact, rather than getting worked up about short term grievances

CEO, AUTOMOTIVE INDUSTRY



#### 3.0 THE INNER COMPASS

At Eirö we support leaders in developing a conscious approach to leadership, resulting in deep and lasting personal connections and sustainable business strategies...

Eirð is the home of the Inner Compass Leadership Retreat. The compass model is the brainchild of the owner of Eirð, Thor Olafsson.

The Inner Compass represents an experiential path towards self-discovery and an enhanced sense of intuition or connection with inner self. By positioning this experience in the context of leadership, the journey along that path becomes one of personal as well as leadership development for leaders.

The path of the compass leads those who walk it, to a solid platform on which leaders can build truly authentic leadership.

### A more conscious approach to leadership

We believe leaders can't be effective without a deep understanding of themselves and the effect they have on others. In order to change and progress, leaders need to be willing to look within themselves and question many of the values that their historical approaches were built upon.

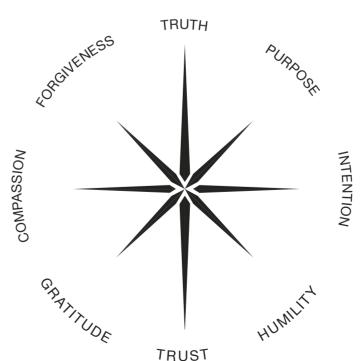
This is essential because the paradigm of business leadership increasingly requires concepts such as mindfulness, compassion, forgiveness and humility to be brought into the workplace – in other words a more conscious approach to leadership.

The Inner Compass Retreat is designed for all levels of management who desire to understand their inner self better. It is for all leaders who wish to be authentic, purpose driven and to maximise their positive influence on their environment.

In this retreat, leaders go deeply within and truly listen to their inner voice. Throughout the process they learn to let go of old ego patterns and become more open and receptive to new experiences. More info can be found here:

www.strategicleaders.com









At Eirð we support leaders on their journey along the path of the Inner Compass od Conscious Leadership (pictured left).

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