

“Being away for a few years, you come back and there are some things you’re unsure of. The Back for Business programme helped me get a better understanding of the current business landscape in Ireland and it was a great help.”

SIOBHAN GREEVY

Abode Wellness



Siobhan Greevy’s journey into wellness started long before Abode Wellness was founded.

Growing up in Ballaghaderreen, Siobhan developed a passion for Gaelic football with her local club Western Gaels. Her interest in fitness and wellbeing became a routine, maintaining a healthy lifestyle playing sports and going through education - studying nursing at NUI Galway.

Upon graduating, she worked at University Hospital Galway but after 12 months Siobhan emigrated to Australia. Here, she continued nursing but also found herself immersed in the sport she loved at Clan na Gáel Bondi - a club that became a huge part of her life abroad. Siobhan also completed courses in personal training and breathwork, adding to her qualification as a Pilates instructor.

“Straight away, you’re part of a community. I had grown up playing football, so I immediately felt very at home. There was a familiarity, being surrounded by Irish and even just the routine of training and matches,” says Siobhan.

It was that sense of community that would later become central to her business. As Covid-19 hit, and unable to travel back to Ireland, Siobhan and her friends relied

on each other to maintain connections. Sport was paused and she began running small boot camps to maintain fitness and general wellbeing. After starting as a way to keep people connected, it soon began to flourish. Her close friend, Longford native Gemma Kenny had completed a yoga teaching course in Sydney and also began running classes of her own.

Siobhan and Gemma were encouraged by friends to keep their classes going even after lockdown had ended. Soon after, they joined forces to run fitness and wellness events in Sydney, combining movement, yoga, breathwork and Pilates.

In 2024, both Siobhan and Gemma returned to Ireland. Before leaving Australia, friends urged them not to leave their idea behind them and together, they created their new business Abode Wellness.

The business now delivers yoga, Pilates, breathwork, meditation and workout sessions through in-person events with small or large groups and online classes through a new, innovative wellness mobile app, “Connected”.

While predominantly based in Sligo, Roscommon and Longford, Abode Wellness connects with people across the country through the app, offering a library

of pre-recorded Pilates, yoga, breathwork and meditation classes, with new classes added every two weeks. This model allows clients to take part in their own time, at their own pace.

“We wanted to make it consistent and help people build it into their daily habits. Our brand is built around connection — connection back to your body and mind, and connection to a community,” says Siobhan.

Siobhan applied for the Back for Business programme in 2025 and says the experience has been hugely beneficial to her.

“It was a really positive experience overall. It was a great opportunity to connect with people who had just moved home and also started a small business, because you’re all experiencing the same issues. That connection piece, and being able to bounce ideas off each other, was really helpful.”

Looking ahead, Siobhan and Gemma are focused on building on the strong relationships they have already developed. Their corporate wellbeing offering is continuing to take shape, while this autumn they will bring clients together for a wellness retreat in Portugal — another step in their mission to create meaningful spaces for connection, movement and wellbeing.

POSITION

Co-founder

WHAT WE DO

Abode Wellness brings yoga, breathwork, meditation, Pilates and workouts together through a bespoke mobile app - “Connected”.

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