

Weekend Yoga Retreat to Tipperary with Heidi Haenschke

23-25 September 2011

The Retreat

This weekend will allow you to take some time away from it all to energize your body through yoga (asana) practice, become still through meditation, connect with your breath through pranayama (breathwork) and deeply relax with yoga nidra and have a some fun with like-minded people.

There will also be hill walks in the late mornings to the Glen of Aherlow/Galtee Mountains (weather permitting!) for those wishing and a cooking lesson/demo with our host so you can leave the weekend equipped with healthy recipes to reward the family with later.

The Yoga Practice

This course will include yoga classes led by Heidi Haenschke as well as meditation, pranayama and yoga nidra (deep relaxation). Flow yoga combines aspects of Hatha yoga and Vinyasa Flow, linking poses together through movement. Warm-ups will begin the practice which will incorporate sun salutes, standing poses, seated poses, inversions and relaxation. Each student is encouraged to practice to his or her own ability. We will also spend on session exploring the chakra system and doing light yoga/chanting to balance and align our chakras!

Location



<http://www.tigroy.com/>. The retreat takes place at Tigh Roy, Co. Tipperary, near Galbally. The centre is situated in the beautiful Glen of Aherlow, South Tipperary, at the foothills of the Galtee Mountains, the highest inland range of mountains in Ireland and noted for its breathtaking scenery. The yoga room is large, bright

and well-heated. There are also couches and a hammock for lounging around after meals... Accommodation is shared – there are 8 lovely, clean and modern rooms (most two single beds). There is a large shared bathroom with showers at the end of the hall. Singles are available upon request and payment of a supplement.

Sauna



http://www.tigroy.com/blog/?page_id=211

A unique experience of wellness in the traditional Finnish wood-burning sauna at Tigh Roy. Take a stroll from your room through the tranquil nature garden. Relax in your own way in the beautifully candlelit sauna cabin, splash some scented water on the hot coals or pamper yourself with a warm foot bath in the traditional wooden foot tub. Take a break from the sauna and quietly sit amongst the trees and ferns under the blanket of stars enjoying a cool refreshing drink.

Who is the retreat suitable for?

This retreat is suitable for beginners to intermediate yogis. Anyone who wishes to deepen their yoga practice and expand it beyond a purely physical one is encouraged to come. But one should be reasonably fit and have a fundamental knowledge of yoga poses for the morning flow practice.

Meals & Host – Roy Gavin

Roy Galvin, Limerick city born traditional Irish musician, ballet dancer and director of Tigh Roy, is also chef. He lovingly cooks delicious vegetarian and macrobiotic meals with the help of his sister, Deirdre. Roy has agreed to share some of his special recipes with us and will delight us with a cooking lesson/demo on Saturday.

Amatsu Treatments – Carol Burke

Amatsu therapy is a unique method of pain and stress management ideal for those looking for a natural, complementary approach to treat the physical symptoms of injury, illness and stress. It is a treatment that works with the whole body to promote balance, integrated movement and overall health. Working with muscles and ligaments, spinal dynamics and organ associations allows a greater corrective impact on the areas of pain and, in turn, consolidates the healing process. This treatment is very complementary to the yoga practice and Carol Burke will be on hand to provide Amatsu treatments to those wishing to avail of them at a discounted rate.

Carol is an Amatsu Therapy practitioner who has a practice located in Dundrum and Dalkey, Co Dublin.

Timetable

Friday, 23rd Sept	
Time	Activity
5:30 - 7:00pm	Arrival & Get acquainted – take a little walk or relax on the deck
7:00pm	Dinner
8:00 - 8:30pm	Restorative yoga – unwind from the week
9:00 - 10:00pm	Meditation and Yoga Nidra (deep relaxation)

Saturday, 24th Sept

Time
Activity

8:00 - 8:30am
Meditation to begin the day

8:30 - 10:15am
Flow yoga class

10:15am
Breakfast

11:15 - 1:45pm
Hill walk, explore the area by car or relax!

2:00pm
Lunch

3 - 5pm
Cooking Lesson with Roy (time to be confirmed)

5 - 6:30pm
Chakra Yoga - light yoga, chanting

7pm
Dinner

8:00 - 9:00pm
Free time -snooze, read, chill out

9:00 - 9:30pm
Yoga Nidra (deep relaxation to deepen your night's rest)

Sunday, 25th Sept

Time
Activity

8:00 - 8:30am
Meditation/ Pranayama

8:30 - 9:45am
Flow yoga class

9:45am
Breakfast

10:30 - 12:00am
Walk, free time

12:00 - 1:00pm
Restorative yoga, Yoga Nidra to close the weekend

1:00pm
Lunch

2pm
Depart

Bookings and Payment

Cost for the full weekend (arrival on Friday afternoon and departure on Sunday after lunch), including shared accommodation, all meals and all yoga is €275 . Additional meals or night stay can also be booked separately. Single supplement is an additional €75.

All bookings are reserved on a first come, first serve basis and with a non-refundable deposit of €100. Full Payment is due by 1 September. Maximum number on the retreat will be 15.

Cancellations will be subject to a €75 cancellation fee.

For further information contact:

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