

# Yoga & Mindfulness Retreat at Lisnavagh House

## - Tips & Tools for Living Simply and Well -

*"The finest qualities of our nature, like the bloom of fruits, can be preserved only by the most delicate handling. Yet we do not treat ourselves nor one another thus tenderly,"* **Henry David Thoreau**

Weaving the practical tools of yoga and mindfulness together, **Lisa Quish** and **Sheana Keane** offer tips and tools that create space to reconnect to ourselves.

### Lisa Quish



Lisa has been teaching yoga for over ten years; with both the 200hr and 500hr Yoga Alliance certified qualification. Lisa also holds a diploma in Yoga Therapy and a certificate in Yoga for Sports (both YTI accredited). Lisa leads weekly classes in Dublin, both general and corporate and individual sessions; combining the principles of Yoga and coaching, (supported by many years of working in business in the areas of HR & Employment Law). Lisa has been teaching retreats both at home and abroad for several years and her teaching is a blend of classical Hatha, Iyengar and Vinyasa and is influenced by Ayurvedic principles, (the sister science to Yoga) The Celtic Calendar and Five Rhythms Dance. Classes are sequenced to engage students fully, in a challenging, compassionate, fun and mindful way.

As always Lisa's aim is to create a light and peaceful atmosphere that will allow you to leave the challenges of life behind, relax and embrace the season and to move and ultimately enjoy the practice of yoga. And to ensure that everyone leaves with a more balanced, relaxed and healthier mind and body.

### Sheana Keane



With an Msc in Mindfulness Psychology (UCD), Sheana has been practicing meditation for over 12 years as a survival tactic to cope with a hectic television career, very young kids and a tendency towards being a stress monger. As a mindfulness researcher and teacher, Sheana is deeply passionate about the human mind and sharing the insights of neuroscience and the practice of meditation and mindfulness to develop self-awareness, self-kindness and as a way to manage stress.

Our mindfulness retreats at Lisnavagh are carefully curated to nourish you, gently guiding you in ancient meditation practices that invite stillness, deep compassion and care for your mind and body. We embrace periods of blissful silence so that you can come fully into the present moment and the extraordinary beauty of this peaceful setting without distraction. The invitation is to let go of 'doing' and to allow yourself to simply 'be'.

### Lisnavagh House

Our Retreats are designed as a slowing down, drawing in, restorative time, helping you to step away from any worries or stresses you may have. At Lisnavagh House, you will find luxurious spaces with big fires crackling, including the library, with comfy sofas to curl up on with a good book.

Delicious home cooked food is served for breakfast, lunch and dinner, and all our produce comes from the own Walled Garden and from local organic suppliers.

### Price Guide

€120.00 per person

- Full day programme
- All meals and refreshments
- Tuition



## Sample Day programme



10am Welcome juice/tea

10:30am - 6pm

Practice: 10:30am -12:30pm *Body Scan, Morning Meditation, Dynamic Yoga Practice, Practical Philosophy*

Lunch: 12:30pm - 1:30pm

Nature & Silence: 1:30pm - 2:30pm

Practice: 3pm - 5pm *Mindfulness exercise, Neuroscience, Yoga Nidra*

Afternoon Tea: 5pm - 6pm

To book or for further information, please contact Emily or Niamh in the office at Lisnavagh House.

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