

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**

There is a place that is timeless, still and constant; a place where wellness, clarity and possibility reside. We know this place, but our busy and objectified Worlds have a way of sweeping us along without permitting time for reflection.

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



As a yoga teacher, I am deeply interested in holistic health and how we respond to the changing seasons. Ayurvedic principles guide the choice of yoga practices, and the foods that suit our bodies at this time of year, and will offer the guiding principles during this retreat. This exploration is aided by the comforts of the house and its beautiful grounds.

The tone of the weekend is to relax and be kind to yourself. We will enjoy locally produced vegetarian food, and evenings can be spent in front of a crackling log fire with a book and a glass of wine. As always my 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. I aim to ensure that everyone leaves at the end of the weekend ready to move into the summer 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 this weekend 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.

We offer individually styled bedrooms in Lisnavagh House, as well as quirky and cosy bedrooms in our Stables Courtyard. All single occupancy unless otherwise requested.

Price Guides

Residential programme

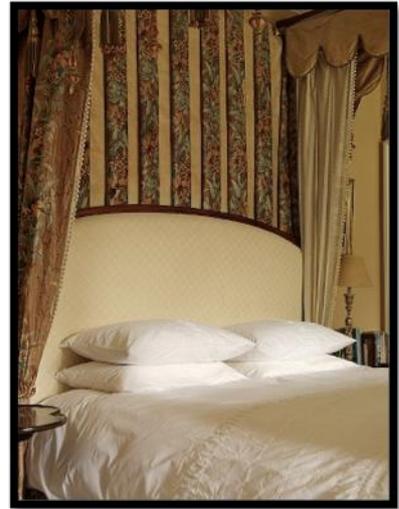
From €350 - €450 per person (single occupancy) includes:

- 2 night weekend stay (Lisnavagh House or Stables)
- Full programme (please see below)
- All meals and refreshments
- Tuition

Optional day programme

€120.00 per person

- Full day programme
- All meals and refreshments
- Tuition



Please visit our website for further details, <http://lisnavagh.com/yoga/yoga-rates-accommodation/>

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

T. 0599161473 (Lisnavagh office) E. events@lisnavagh.com W. www.lisnavagh.com

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

Weekend programme (subject to change)

FRIDAY - Landing and Grounding

4 - 6pm: Check In

6 - 7:30pm: Stretching, Movement, Meditation

8pm: Dinner

SATURDAY - Practicing, Silence, Movement and Learning

8 - 9am: light movement & breath work

9 - 10am: mini breakfast

10:30 -12:30: Yoga Practice & Practical Philosophy

12:30 - 1:30pm: lunch

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

3pm - 5pm: Neuroscience, Yoga Nidra

7:30pm: Dinner

SUNDAY: Practicing, Journaling

8-9am: Morning Mindfulness

9-10am: Mini Breakfast

10:30-12:30pm: Yoga Practice & Journaling 12:30pm: Brunch & Depart by 2:30pm

Optional day programme

SATURDAY - Practicing, Silence, Movement and Learning

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