



LISNAVAGH

Lisa Quish Yoga Weekend Retreat inc Cookery Demo with Emily Bunbury

- 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 with **Lisa Quish** offer tips and tools that create space to reconnect to ourselves.

Lisa Quish



As a yoga teacher, Lisa is 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.

As always her 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. Lisa aims to ensure that everyone leaves at the end of the weekend ready to move into the next season with a more balanced, relaxed and healthier mind and body.

Cookery with Emily Bunbury

On Saturday afternoon during the weekend you will have an opportunity to be in conversation as part an informal cookery demo with Emily on vegetarian foods and snacks with simple and easy recipes that can be taken with you to make at home.



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 prepared, vegetarian food is served 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

From €375 - €495 per person (single occupancy) includes:

- 2 night weekend stay (Lisnavagh House or Stables Courtyard)
- Full programme of Mindfulness & Yoga throughout the weekend
- All meals and refreshments
- Cookery demo
- Tuition

Weekend programme (subject to change)

FRIDAY - Landing and Grounding

4.00pm – 5.30pm: Check In

6.00pm - 7:30pm: Stretching, Movement, Meditation

8.00pm: Dinner

SATURDAY - Practicing, Silence, Movement and Learning

8.00am – 8.30am: Morning Meditation

8.30am – 10.00am: Light Breakfast

10:30am -12:30am: Yoga Practice

12:30pm – 2.00pm: Lunch

3.00pm – 5.00pm: A Conversation in Cookery with Emily Bunbury

5.00-6.30pm: Relaxation yoga

7:30pm: Dinner

SUNDAY: Practicing, Journaling

8.00am – 8.30am: Morning Meditation

8.30am – 10.00am: Light Breakfast

10:30 - 12:30pm: Yoga Practice

12:30pm: Brunch & Depart

We recommend you bring a journal with you to take notes over the weekend.

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

To book or for further information, contact Emily or Niamh T. 0599161473 (Lisnavagh office) E.

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