



LISNAVAGH

Mindfulness & Yoga Weekend Retreat

“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** offers tips and tools that create space to reconnect to ourselves.

Lisa Quish



Lisa brings curiosity, heart and 12 years of experience to her teaching. She enjoys facilitating the immersion process and offer tools to assist in the creation of an easeful life where there is space to slow down and reflect. Lisa’s teaching is a blend of classical Hatha, Iyengar and Vinyasa, and is influenced by Ayurvedic principles and contemporary practices like HIIT and strength training.

Classes are sequenced to engage students fully, in a challenging, compassionate and mindful way. Qualifications: Senior teacher, Yoga Alliance accredited EYT 500hr., Initial 300hr qualification from The Yoga Room Dublin, graduated in 2014. Post graduate diploma completed over a two-year period with Triyoga London, qualified in 2018. Yoga Therapy Diploma & Certificate in Yoga for Sport (YTI).

Lisnavagh House is for those who wish to experience a sense of space and calm while exploring mindfulness practice 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’.

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.

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.



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.



Delicious home prepared, vegetarian food is served and all our produce comes from the own Walled Garden and from local organic suppliers.

Price Guides (includes everything!)

€420 - €590 per person single occupancy (pps options available)

- 2 night weekend stay (Lisnavagh Stables Courtyard or House)
- Full programme & tuition
- All meals and refreshments



Contact the Lisnavagh office for further details or email events@lisnavagh.com

W. www.lisnavagh.com

(Please note that this is a **sample** programme and it can change to suit the seasons)

FRIDAY

Arrival & Check In from 3pm: Welcome Juice or Tea

6.00 - 7.30pm - Yoga and Meditation Practice: Letting Go of the Week

8.00pm Supper

SATURDAY

8.00 - 8.30am Ayurveda Massage & Shake off Sleep

8.30 – 9.30am Breakfast

10.00 - 12.00am Yoga Practice (breath, mobility & strength practice)

12.30 - 2.00pm Lunch

2.30 – 4pm Forest Bathing Walk with Emily or avail of treatments

4.15 - 7.30pm – Time & space to chill

7.30pm Supper

9-9:30 Optional Yoga Nidra

SUNDAY:

8.00 - 8.30am Early Morning Meditation

8.30 - 10.00am Breakfast

10 - 12.00am Yang Yin Movement practice & Close

12.30pm Lunch & Depart at leisure

