



LISNAVAGH

Mindfulness & Yoga Weekend Three Day Retreat

Including Cookery with Emily Bunbury

“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

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).

Sheana Keane

Sheana Keane is a psychologist, learning and development consultant and mindfulness teacher. Her focus lies in training programs that cultivate self-awareness and conscious communication for effective leadership and team relationships. She holds an *MA in Social and Organisational Psychology* (UCD Psych) and *MSc in Mindfulness Based Psychology Interventions* (UCD Psych).



She runs a number of mindfulness retreats each year in Lisnavagh House 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’.

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

€395 - €560 per person single occupancy

€360 - €505 per person sharing

3 night weekend stay (Lisnavagh Stables or House)

Full programme

All meals and refreshments

Tuition

Cookery demo

Contact Emily or Niamh in the office at Lisnavagh House for further details T. 0599161473 (Lisnavagh office)

E. events@lisnavagh.com W. www.lisnavagh.com