



LISNAVAGH

Yin Nidra & Dance Weekend Retreat

Yin Yoga

“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom...” Viktor Frankl, Man’s Search for Meaning

The physical body is always in the present moment while our emotions and thoughts are forever in flux. In yin yoga we use the poses or shapes to target an area, connect with a sensation, observe a response to the sensation, and in this way understand the mind body connection. We move therapeutically through the physical body, energetic, emotional and mental body with an attitude of mindful awareness

The intention of yin yoga is to stress tissues in the body we don’t normally get to access in our yang movement (whether that be yoga or other muscular lead movement)

Other intentions might be to remove ‘speed’ from the body, slow down, relax and become more acquainted with our thought patterns and practice mindfulness to access our own inner wisdom

Yoga Nidra

Yoga nidra is like meditation, but it is not the same. With nidra, you are lying down and the goal is to move into a deep state of conscious awareness. This state involves moving from consciousness while awake to dreaming and then to not-dreaming while remaining awake!

There are five brain waves, all necessary for normal healthy brain function. All the way at the bottom of the spectrum of brain waves — below theta waves — are the low, deep, slow delta waves.

Regular meditation practice calms the fight-or-flight, sympathetic nervous system to access the parasympathetic. This has a huge benefit on immunity, digestion and stress management. Theta waves are activated in meditation while nidra has the ability to bring the body and mind down to a delta state where the pineal gland is activated and the powerful antioxidant melatonin is produced reducing blood pressure, cortisol production and inducing restful sleep

Both delta waves and theta waves occur when you're asleep, but delta waves are the waves that dominate when you're in a period of deep, restorative sleep, these delta waves are accessed in yoga nidra and the body, mind and emotional body can rest here

The Power of Dance

“Dancing as if language had surrendered to movement – as if this ritual, this wordless ceremony, was now the way to speak, to whisper private and sacred things, to be in touch with some otherness. Dancing as if the very heart of life and all its hopes might be found in those assuaging notes and those hushed rhythms and in those silent and hypnotic movements. Dancing as if language no longer existed because words were no longer necessary...” – Brian Friel, *Dancing at Lughnasa*

Often in our minds we link dance with the subjective ideals of beauty, performance, sensuality, an art form, something to gift to others and the World. It can be, all of these things, but of equal and non-comparable value is the power of dance as a medium of individual expression, a place of freedom, presence and ultimately of joy. There are many styles and methods of free form dance; yoga dance, chakra dance, ecstatic dance and five rhythms. In my experience over the last fifteen years of practicing, learning, teaching and facilitating many styles of movement, there is a pathway, a broad but circular pattern that involves finding ground, creating safety, moving toward individual expression, connecting with thoughts, feelings and emotions and then letting go to arrive at a point of stillness

Gabrielle Roth, the founder of Five Rhythms said in 1989 *“Disease is inertia and movement is healing. If you put your body in motion and let your heart, be moved, be open to the risk and adventure of feelings you will change. Tears turn to smiles and anger to embraces.*

The spirit in motion heals, expands, circles in and out of the body moving us through the layers of consciousness from inertia to bliss.”

Lisa Quish

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



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)

Programme

Night 1: Somatic Movement & Yin Yoga 6-7:30pm

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Morning 1: Body Cantered Awareness and Yang Meditation 8-9am

Day 1: Dancing the Masculine and Feminine energies 10:30-11:30

Yoga philosophy, developing a Sankalpa 11:30-12:15

Night 2: Yin Yoga and Nidra 6-7:30pm

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Morning 2: Body Centred Awareness and Yin Meditation 8-9am

Day 2: Dancing the Wave to Stillness 11-12:15pm

“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**