

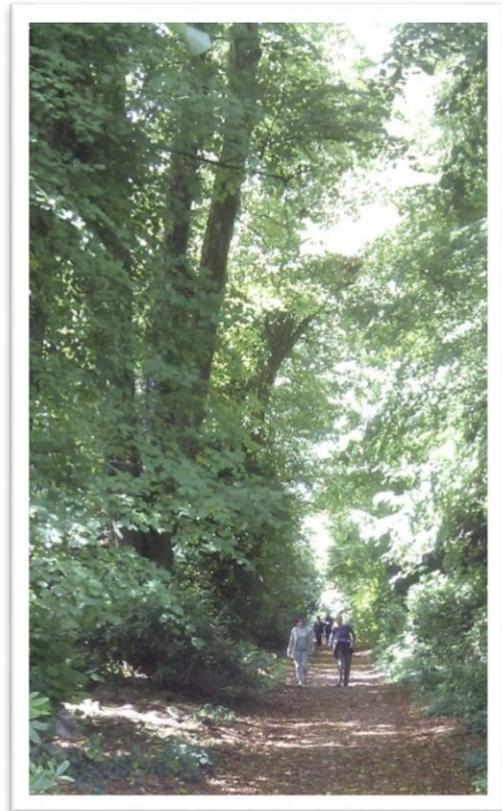


LISNAVAGH

Yoga Immersion with Pamela Butler & Emily Bunbury
Thursday, 14th to Sunday, 17th May 2020

This extended weekend is an opportunity to immerse yourself more deeply into the yogic life by exploring some of the philosophy and practices of traditional hatha yoga.

Experience personal insight through guided discussion and reflection, and become conscious of how to apply the philosophy to your practice.



Supporting activities including mindful eating, periods of silence, and a guided walk through the natural beauty of the Lisnavagh woodlands will

allow you to de-muddle the mind and create head space. These practices help to absorb the bodywork that yogasana awakens.

Pamela Butler

Breathe. It's fundamental to life, intrinsic to yoga, and forms the cornerstone of transformative practices that cultivate resilience and flow.

Nearly thirty years ago, Pam discovered the comprehensive benefits of yoga and qualified to teach in 2000 to share this art and science. She now also teaches Shadow-style hatha yoga.

Shadow yoga draws one's attention to the internal landscape, which guides the physical shape of the asana, which progressively builds strength, flexibility, balance and resilience.



When Emily started the Retreats at Lisnavagh in 2010, Pam developed the yoga programme to provide participants with a well-rounded yoga experience that gave some physical challenge, yet allowed time for stillness, headspace, and deep relaxation. Many have succeeded in using relaxation techniques learned here to restore and recharge themselves in their daily lives.

Emily Bunbury has a strong interest and passion for yoga and meditation and has developed a knowledge for vegetarian and vegan cooking and nutrition through these elements of the retreats. Emily thrives in using natural resources from the Lisnavagh Walled Garden and beyond.



We take a great interest in nutrition and wholly believe in the power of food, how we should eat mindfully and with the seasons. Using organic ingredients from local suppliers and the Lisnavagh walled garden we prepare vibrant dishes to stimulate the palette.

Throughout the weekend you will enjoy vegan and vegetarian dishes all prepared at Lisnavagh House.

During your free time enjoy the gentle crackle of big fires in the Dining Room and in the Library where you will find big sofas to curl up in with a good book. You have your own gorgeous bedroom with comfy beds to sink into for added personal space and an uninterrupted sleep.



We look forward to seeing you here to experience our restorative and refreshing Yoga Immersion Four Day Retreat.

To apply please see our price guides below.

Price Guides (residential)

€515 - €710 per person single occupancy

- 3 nights weekend stay (Lisnavagh Stables Courtyard or House)
- Full programme each day (four day)
- All meals and refreshments
- Tuition
- Guided nature walk

Price Guides (daily attendance inc evening meal)

€370 per person

- Full programme each day (four day)
- All meals and refreshments
- Tuition
- Guided nature walk

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

Gift vouchers also available.

Programme Outline Yoga Immersion 2020

Thursday

3pm arrival – welcome juice/tea

5.30pm yoga class

7.15pm dinner

Friday

7.30am Early morning meditation

8am – 15 minute break and refreshment (glass of warm water)

8.15am yoga class

10.30am breakfast (porridge, juice, granola, fruit, yoghurt etc in a bowl)

11.00am philosophy and discussion

12.30pm Lunch

2.30pm Mindful/Nature walk – parts of walk in silence

4.30pm Yoga class

7pm dinner

Saturday

7.30am Early morning meditation

8am – 15 minute break and refreshment (glass of warm water)

8.15am yoga class

10.30am breakfast (porridge, juice, granola, fruit, yoghurt etc in a bowl)

11.00am philosophy and discussion

12:00 Mindful eating

12.30pm Lunch

2.30pm Free time/siesta

4.30pm Yoga class

7pm dinner

Sunday

7.30am Early morning meditation

8am – 15 minute break and refreshment (glass of warm water)

8.15am Yoga class

10:30 am Brunch and depart at leisure