



LISNAVAGH

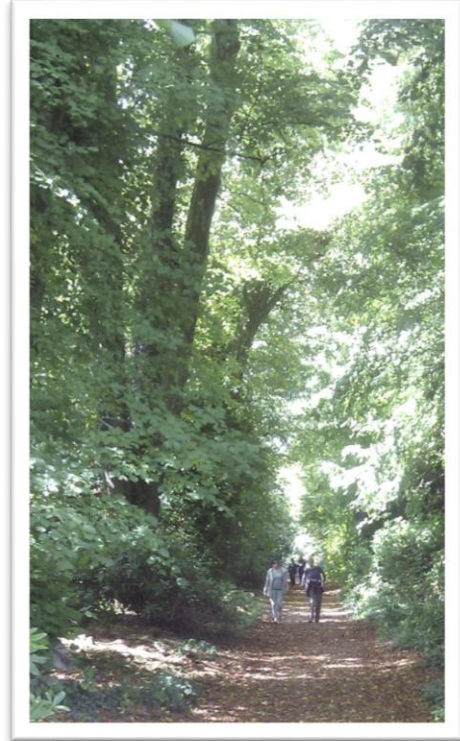
Yoga & Sleep 2-Day Retreat with Pamela Butler

This unique retreat is designed as a slowing down, drawing in, restorative time. We welcome yogis of all levels, from absolute beginners to those with significant experience and training. The emphasis, therefore, is on moving with awareness, breathing fully and intelligently, and practising hatha yoga in a safe and mindful way.

We recommend that those with extensive experience approach this weekend as a chance to re-connect to the fundamentals of practice, while those newer to yoga will find plenty to work with. We look forward to gathering together to luxuriate in a healthful and mindful space.

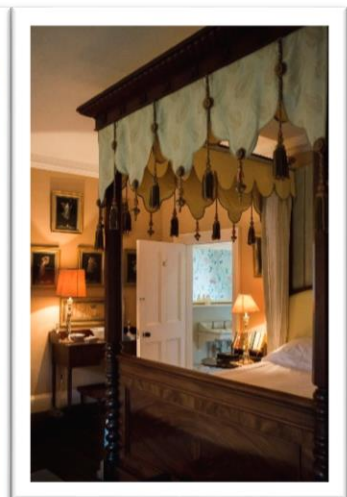
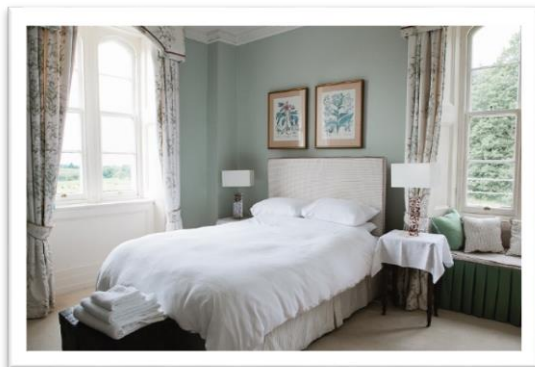
Look forward to meditation, relaxation and yoga as well as walks amongst hundreds of acres or big long siestas to bring you back to a proper and full nights sleep!

Big fires crackle in the Dining Room and in the Library you will find comfy sofas to curl up in with a good book. This is a well



earned "look after you" time and it is our aim to help you to slow down your pace of life and rejuvenate your body by stepping away from the worries and stresses of work or family.

Delicious home prepared vegan and vegetarian food is served for breakfast, lunch and dinner with colour and style. You have your own gorgeous bedroom with comfy beds to sink into for added personal space and an uninterrupted sleep! Not to be missed - a deep, luxury bath to soak and relieve tired mind and muscles. We like to think it is sheer heaven!



Browse a list of our bedrooms and all inclusive prices by clicking on the link on our website. Gift vouchers also available.

We like to keep these Retreats to a smaller number for added comfort and space so they do get booked up quickly.



We look forward to seeing you here to experience our restorative and refreshing Yoga Sleep Retreat.

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 Yoga & Sleep 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.

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 Lisnavagh office for further details T. 0599161473 (Lisnavagh office) E. events@lisnavagh.com W. www.lisnavagh.com

Yoga Sleep Programme

HATHA YOGA, RELAXATION & MEDITATION with Pamela Butler

The Yoga Sleep Retreat was designed to leave you in a more settled, healthier state of being and rested. The pragmatic yet artful practice of Yoga plays an integral part in the weekend.

Friday's **opening class** is gentle, and invites you to let go of the work week and begin to cocoon yourself in preparation for a restful weekend.

Morning classes are livelier, and each session will have a different focus (standing poses, backbends and integrated practice). Strong sequences are interspersed with moments of rest to cultivate self-kindness, or "ahimsa". Yoga prepares us for meditation, so we generally end with a short seated meditation, creating a renewed sense of stillness and calm.

Saturday afternoon has a restorative feel, with gentle joint movement and supported poses.

FRIDAY

Arrival from 3pm

5.30-7.00pm Yoga Class

7.30pm Dinner

SATURDAY

7.30-8.00am A light breakfast will be available prior to class

9.00-11:00am Yoga Class

12.30pm Lunch

Free time which could be garden walks, longer woodland walks, forest bathing with Emily, siestas and fireside reading or treat yourself by booking a treatment!

4:30– 6.00pm Yoga Class

7.00pm Dinner

SUNDAY

7.30-8.00am A light breakfast will be available prior to class

9.00-11.00am Yoga Class

12.30 Lunch (brunch) and depart