



LISNAVAGH

Yoga & Sleep Retreat

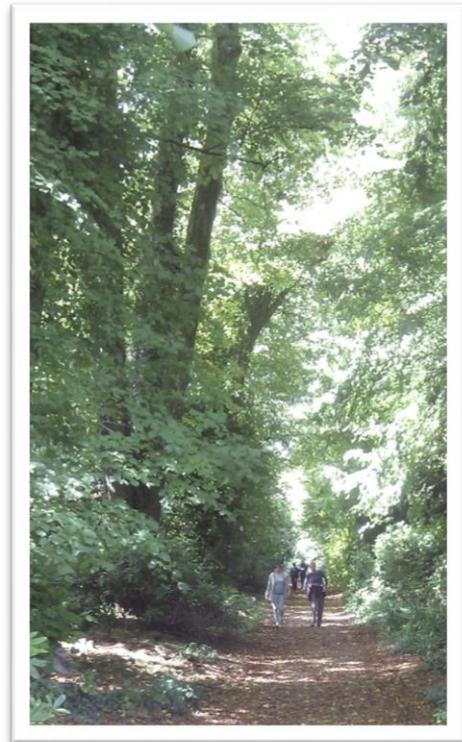
This unique retreat is designed as a slowing down, drawing in, restorative time. We welcome yogis of all levels, from absolute beginners to those with significant experience and training. The emphasis, therefore, is on moving with awareness, breathing fully and intelligently, and practising hatha yoga 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 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 and if you wish to gift a friend we have for the Lisnavagh Yoga Sleep Retreat as a gift.

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

Pam's classes cultivate the connection between physical movement and breath, encouraging a



meditative practice. Students often comment on how limbered, refreshed and relaxed they feel after class. Many have succeeded in using relaxation techniques learned in class to restore and recharge themselves in their daily lives.

Typically, a hatha yoga class begins with a warm up; sun salutations which is a flowing sequence of movements coordinated with the breath; and Asanas (postures) which develop balance, strength, and flexibility. A closing relaxation allows the body and mind to absorb the work done.

Pam qualified to teach hatha yoga in 2000 and has taught children, teens and adults at all levels.

Price Guides

From €375 - €495 per person (single occupancy)

2 night weekend stay (Lisnavagh Stables or House)

Full programme

All meals and refreshments

Tuition

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