



LISNAVAGH

Yoga & Sleep Thursday - Sunday Retreat with Pamela Butler

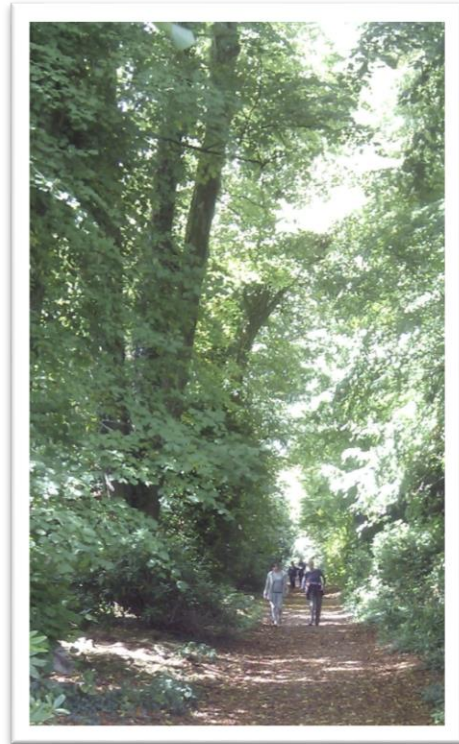
This unique retreat is designed as a slowing down, drawing in, restorative time. We welcome yogis of all levels, from absolute beginners to those with significant experience and training. The emphasis, therefore, is on moving with awareness, breathing fully and intelligently, and practising hatha yoga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

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.



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 & Cookery Retreat.

Price Guides (includes everything!)

€480 - €640 per person single occupancy
(10% discount for sharing)

- 3 night weekend stay (Lisnavagh Stables Courtyard or House)
- Full programme
- All meals and refreshments
- Tuition
- Forest Bathing

Contact the Lisnavagh Office for further details T. 0599161473 E. events@lisnavagh.com W. www.lisnavagh.com