



# LISNAVAGH

## Yoga & Sleep Three Day Retreat with Pamela Butler including Cookery with Emily Bunbury

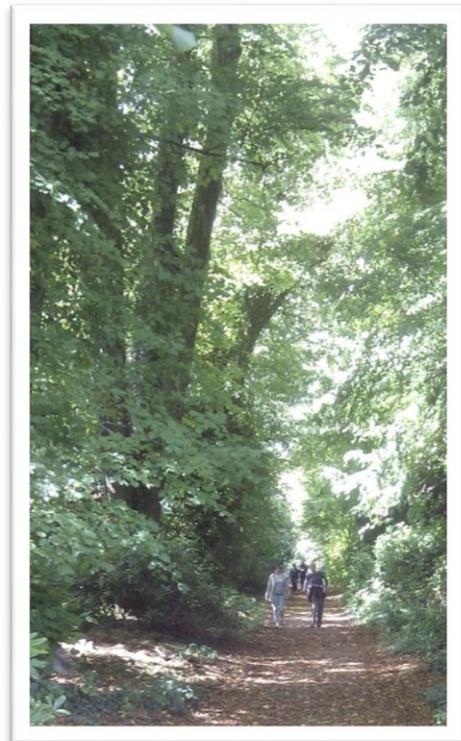
This unique retreat is designed as a slowing down, drawing in, restorative time. We welcome yogis of all levels, from absolute beginners to those with significant experience and training. The emphasis, therefore, is on moving with awareness, breathing fully and intelligently, and practising hatha yoga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

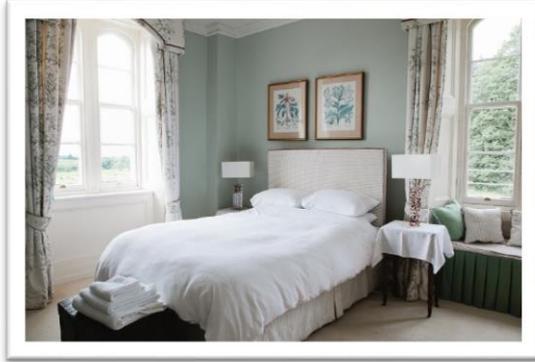
We recommend that those with extensive experience approach this weekend as a chance to re-connect to the fundamentals of practice, while those newer to yoga will find plenty to work with. We look forward to gathering together to luxuriate in a healthful and mindful space.

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.

## Cookery



On Saturday you have an opportunity to be in conversation as part an informal cookery demo with Emily on vegan and vegetarian cooking. You will be able to receive tips on living simply and well including easy take home recipes.

## Pamela Butler



Pam qualified to teach hatha yoga in 2000 and has taught children, teens and adults at all levels. She is an exquisite teacher and we are lucky to have her so close by! 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.

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

€585 - €750 per person single occupancy

€530 - €670 per person sharing

3 night weekend stay (Lisnavagh  
Stables or House)  
Full programme

All meals and refreshments  
Tuition  
Cookery demo

Contact Emily or Niamh in the office at Lisnavagh House for further details T. 0599161473 (Lisnavagh office) E. [events@lisnavagh.com](mailto:events@lisnavagh.com) W. [www.lisnavagh.com](http://www.lisnavagh.com)