

**Residential Retreat at Teach Bhride, Tullow Co. Carlow
24th – 26th April 2015**

TIMETABLE

FRIDAY EVENING

4.30pm onwards	REGISTRATION
6pm—7pm	EVENING MEAL
8pm—9pm	OPENING SESSION

SATURDAY MORNING

7am—8am	MEDITATION with Colette Lee Or JALA NETI & PRANAYAMA with Monique Walsh.
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Jala Neti is an ancient yogic cleansing practice. A small neti pot with warm salted water is used to wash out the nasal passages. This helps to clear the sinuses, leaving the head clear, aiding concentration and helping to balance the nervous system. Some breath work and visualisation will follow.

8am—9am	BREAKFAST
9.30—11.30	YOGA CLASSES

YOGA 1. “YOGA & THE CHAKRAS” with Sandra Wrafter.
Creating awareness of the Chakras in the body through a gentle but effective yoga practise. Once balance is found in the physical body, we will then follow with a chakra meditation to help balance energy for physical, mental and spiritual well-being.

YOGA 2. “YIN YOGA” with Afia Fortune.
The essence of Yin Yoga is surrender. To balance the heat-building, blood-pumping, strengthening “yang” side of Vinyasa flow or Ashtanga practice, Yin focuses on postures that lengthen the muscles surrounding the hips, pelvis & lower back. Students typically hold these postures for some time per side in order to lengthen the connective tissue that surrounds the joints & increase its flexibility.

YOGA 3. “DYNAMIC YOGA” with Barbara Rocks.
To facilitate Yoga teachers, teacher trainees & serious students of Yoga. All you need is a mat, a love of Yoga, an open mind, a flexible strong body & a sense of humour.

12noon	WALKING MEDITATION with Elena Agarkova. This will be outdoors, so wear a coat!
1.00—2.00	Lunch

SATURDAY AFTERNOON

2pm—4pm

WORKSHOPS

1. **“EXPLORATIVE MOVEMENT”** with Aileen Gannon. More details of this fascinating workshop will be provided by Aileen at Friday’s opening session.

OR

2. **“HASTA MUDRAS”** with Rachael Dolan. An insight into hasta mudras, (hand gestures/movements). Rachael will give an account of their history, discuss the effect they may have on the physical body and how, when applied, the effect they may have on the body & ailments.

4.15 – 5.45pm

1. **“EXPERIENCING YOUR OWN ENERGETIC SYSTEM”** with Brigid Power.

During this practical session we will observe our own empathic energy connections and ways we receive energy: increased awareness, being fully present in our own bodies, empathy and understanding of everything communicating to us – our sentient relationship with everything enhanced.

OR

“MYOFASCIA 101” with Claire McGreevy. What is myofascia & what do we need to know about it? Come along & explore how this fascinating system can be used to bring an increased sense of stability & integration to the way we move. We will look at some of the basic concepts using lots of practical exercises to help apply these principles to our practice & our lives.

OR

“TAKE HOME A NEW BACK” with Gay Blake. This is always a very popular residential workshop. If you don’t get into Aileen’s “Explorative Movement” workshop then this one will be a variation on the same theme. Using a “magic roller” you will be shown how to bring comfort to a tired or aching back and in turn lead it to a more upright alignment. Gay will provide rollers. Limited to 10 participants.

6pm—7pm

Evening Meal

8pm

Social gathering.

SUNDAY PROGRAMME

7am – 8am	MEDITATION & JALA NETI as Saturday.
8am – 9am	BREAKFAST
9.30am – 11.30am	Yoga 1. YOGA & THE CHAKRAS with Sandra Wrafter as Saturday. Yoga 2. YIN YOGA with Afia Fortune as Saturday. Yoga 3. With Elena Agarkova.
12 noon—1pm	Closing session.
1pm.	Lunch.

Checklist

1. Please bring your Yoga mat, cushion, blanket, any blocks and belts you have and a neti pot if you have one. (neti pots will be available for sale in shop)
2. All towels and bed linen supplied but don't forget to bring your own shower gel/soap, shampoo, toothpaste etc.
3. Please check if you have notified us of any special dietary requirements.
4. The balance of the cost of the weekend to be paid on registering when you arrive.
5. Teach Bhride is located in the grounds of the Catholic Church (entrance at left side) on Chapel Lane in Tullow, so watch out for the **pointed steeple** when you enter the town.

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