

IRISH YOGA ASSOCIATION RESIDENTIAL RETREAT BOOKING FORM

Name: _____

Address: _____

Phone: _____

Email: _____

Amount of Cheque Enclosed: _____

ACCOMMODATION

Accommodation is Single or Twin. Limited number of Room En Suite (€15 extra).

Please tick your preference: Single: [] Twin: [] En Suite: []

Places will be allocated in order of receipt so book early to avoid disappointment!

MEALS

All meals are included in the cost. Meals will be vegetarian.

Please indicate any special Dietary requirements:

Will you arrive for the Friday evening meal? Yes [] No []

LIMITED NUMBER OF PLACES

There are only **36 places** available so early booking is advisable, places will be given on a first booked basis. Due to the limited numbers single-day attendance is not available.

COST

Weekend: €165 for IYA Members, €175 non-members.

Deposit (non refundable): €60

POST REGISTRATION FORMS & DEPOSIT BEFORE 14th MARCH TO:

Monique Walsh, 31 Llewellyn Grove, Rathfarnham, Dublin 16
Tel: 01 - 4934672 / 087 - 9033762 Email: moniquew@eircom.net

IRISH YOGA ASSOCIATION



*Irish Member of the
European Union of Yoga*

ANNUAL IYA

Residential Yoga Retreat

VENUE: Teach Bhride,
Holistic Education Centre,
Tullow, Co. Carlow.

DATE: 24th - 26th APRIL 2015



IRISH YOGA ASSOCIATION RESIDENTIAL RETREAT

The IYA Residential weekend takes place on 24/25/26 April 2015 in Teach Bhride, Holistic Education Centre, Tullow, Co Carlow

The Annual Weekend is run by members of the association and all IYA teachers give their sessions voluntarily.

The weekend commences on

FRIDAY EVENING

4.30pm	Registration
6pm - 7pm	Evening Meal
8pm - 9 pm	Opening Session

SATURDAY

7am - 8am	Meditation or Jala Neti Practice & Pranayama
8am - 9am	Breakfast
9.30 - 11.30	Yoga Classes
12.00	Walking Meditation
1.00 - 2.00	Lunch
2.00 - 4.00	Workshops
4.15 - 5.45	Workshops
6.00 - 7.00	Evening Meal
8pm	Social Evening

SUNDAY

7am - 8am	Meditation or JalaNeti Practice & Pranayama
8am - 9am	Breakfast
9.30 - 11.30	Yoga Classes
12.00 - 1.00	Closing session
1.00 - 2.00	Lunch

**ATTENDANCE TO THE WHOLE WEEKEND WILL
QUALIFY FOR 9 CPD HOURS**

BOOKINGS

Bookings can only be accepted with completed application form accompanied by deposit – no telephone bookings will be accepted.

Should you need to cancel your booking please do so in good time so as to enable another person to take your place.

Confirmation & further details will be sent by email on receipt of deposit. Tullow is served by public transport. Details from www.buseireann.ie . Driving directions if travelling by M9 Motorway - Leave the M9 at EXIT 4 and take the road to Tullow via Castledermot.

ESSENTIAL ITEMS – WORKSHOP

Yoga mat, cushion, blocks, belt, blanket, alarm clock & Neti pot.

APPLICATION

Please remember to enclose the following with your booking:

- Booking Form
- Deposit made payable to IYA (Cheque or Bank Draft / P.O.)

CHILL OUT ROOM, YOGA SHOP & SECOND HAND BOOK STORE

Chill Out Room, Yoga Shop & Second Hand Book Store on site. Further details will be sent out with the booking receipt & you can check the website at www.iya.ie for updates on the weekend.

"There is a light that shines beyond all things on
earth, beyond us all, beyond the very highest
heavens.

This is the light that shines in our hearts".

CHANDOGYA UPANISHAD 3.13.7