

# IRISH YOGA ASSOCIATION RESIDENTIAL RETREAT BOOKING FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Amount of Cheque Enclosed: € \_\_\_\_\_

Amount of online deposit paid: € \_\_\_\_\_

## 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 **39 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 BOOKING FORMS & DEPOSIT BEFORE 11th 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: 15th - 17th April 2016**





# IRISH YOGA ASSOCIATION RESIDENTIAL RETREAT

The IYA Residential weekend takes place on 15th, 16th, 17th April 2016 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](http://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.)
- You can also pay your deposit on line. Name: Irish Yoga Association, Account No: 94249412, Sort Code: 90-00-17, BIC: BOFIE2D IBAN: IE14 BOFI 9000 1794 2494 12

## 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](http://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