

TIMETABLE

FRIDAY EVENING

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

SATURDAY MORNING

7am—8am	MEDITATION with Carmel Barlow Or JALA NETI & PRANAYAMA with Monique Walsh. 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	<u>YOGA CLASSES</u> YOGA 1. “FINDING THE NATURAL LINK BETWEEN BREATH & MOVEMENT” with Mary Boylan. A mindful practice, repeating the movement into the asana & out again in rhythm with the breath. YOGA 2. “HOLISTIC HATHA CLASS” with Colette Lee. Working with the asana fundamentals: starting with standing poses to help build strength & endurance & moving through a cycle of yoga routines from breath awareness to Shavasana, ending in stillness. YOGA 3. Dynamic class with Elena Agarkova.
12noon	WALKING MEDITATION. This will be outdoors, so wear a coat!
1 pm	LUNCH

SATURDAY AFTERNOON

2pm—4pm

WORKSHOPS

1. **“THE HEALING POWER OF PRANA”** with Patty Anderson.
This centuries old practice from India is like meditation at a very high level. Working in pairs, you are listening to Prana moving the body through the palms of your hands. Experience giving & receiving the gift of healing.

OR

2. **“JOY – STRENGTH – LIGHTNESS”** with Paola Catizone & Nigel Wood.
Beginning with music, we expand into the surrounding space, making room for levity. Then we explore strength & the management of energy. Finally, we slow down and experiment with moving in the easiest possible ways, from breath, mind & sensing.

4.15 – 5.45

1. **“MUDRAS”** with Rachael Dolan.
Mudra means “seal” or “closure” in Sanskrit. We use these gestures mostly in meditation or in pranayama practice to direct the flow of energy within the body by using the hands. Different areas of the hands are connected with areas in the body & the brain. So, when we place our hands in yoga mudras, we stimulate different areas of the brain & create a specific energy circuit in the body.

OR

2. **“LOVE & HEALING”** with Premilla Maharaj.
We will come together to allow for deep healing by opening the heart. Our tools will be witnessing, sacred music, breathing as one, movement & hands on healing. Come & bring your own loving intention & awareness for this practice.

OR

3. **“DOWSING”** with Gay Blake.

6.15pm—7pm

Evening Meal

8pm

Social gathering. Join us in the Chill Out room for ceol agus craic and if you have a party piece this will be your chance to perform it!!

SUNDAY PROGRAMME

7am – 8am MEDITATION & JALA NETI as Saturday.

8am – 9am BREAKFAST

YOGA CLASSES

9.30am – 11.30am Yoga 1. “FINDING THE NATURAL LINK BETWEEN BREATH & MOVEMENT” with Mary Boylan – as Saturday.

Yoga 2. “HOLISTIC HATHA CLASS” with Colette Lee – as Saturday.

Yoga 3. “DYNAMIC CLASS” with Elena Agarkova – as Saturday.

12 noon—1pm CLOSING SESSION.

1pm. Lunch.

Checklist

1. Please bring your Yoga mat, cushion, blanket, a bolster if you have one, 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 Bhríde 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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