

Annual IYA Residential Yoga Retreat

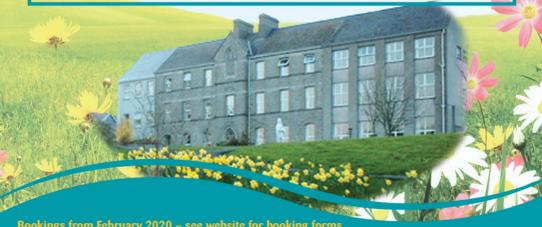
VENUE: Teach Bhride.

Holistic Education Centre, Tullow, Co. Carlow.

DATE: 17(1) - 19(1) April 2020

COST: Weekend €170 for IYA Members,

€180 non-members. Deposit (non refundable): €60



Bookings from February 2020 - see website for booking forms

POST BOOKING FORMS & DEPOSIT BEFORE 20th MARCH TO: Colette Lee, 3The Crescent, Binn Eadair View, Sutton Dublin 13. Tel: 087 6743580 Email: colettelee33@gmail.com



Irish Yoga Residential Retreat

The IYA Residential weekend takes place on 17th, 18th and 19th April 2020 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 6.00 - 7.00pm Evening Meal 8.00 - 9.00pm Opening Session

SATURDAY

7.00 - 8.00am Meditation or Jala Neti Practice & Pranayama 8.00 - 9.00am Breakfast Yoga Classes 9.30 - 11.30pm Walking Meditation 12.00noon 1.00 - 2.00pm Lunch 2.00 - 4.00pm Workshops 4.15 - 5.45pm Workshops 6.00 - 7.00pm **Evening Meal** 8.00pm **Social Evening**

SUNDAY

7.00 - 8.00am Meditation or JalaNeti Practice & Pranayama 8.00 - 9.00am Breakfast 9.30 - 11.30am Yoga Classes 12.00 - 1.00pm Closing session

1.00 - 2.00pm 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 – <u>no telephone bookings will be accepted.</u>

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.)
- You can also pay your deposit online. Name: Irish Yoga Association, Account No: 94249412, Sort Code: 90-00-17, BIC: BOFIIE2D 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 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

IRISH YOGA ASSOCIATION

RESIDENTIAL RETREAT BOOKING FORM

Name:	
Address:	
Phone:	
Email:	
Please tick your consent to be contacted by phone or email: Yes [] No []
Amount of Cheque Enclosed: € Amount of online deposit paid: €	
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ACCOMMODATION

Accommodation is Single or Twin. Limited number of Rooms 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 <u>39 places</u> 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.

WEEKEND COST: €170 for IYA Members, €180 non-members.

Deposit (non refundable): €60

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