

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: 17th - 19th 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



Union Européenne de Yoga
European Union of Yoga

Irish Yoga Residential Retreat

The IYA Residential weekend takes place on 17th, 18th and 19th April 2020 in Teach Bhríde, 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
9.30 - 11.30pm	Yoga Classes
12.00noon	Walking Meditation
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 – **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.)
- You can also pay your deposit online. **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 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: € _____

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 **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.

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

Deposit (non refundable): €60

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