



Irish member of the  
European Union of Yoga

# Annual Residential Yoga Retreat

Teach Bhride Holistic Education Centre Tullow, Co. Carlow

25-27 April 2025

## Timetable

### Friday 25th April

4.30pm Onwards	Registration
6pm - 7pm	Evening Meal
8pm - 9pm	Opening Session Ending with Divine Sleep Yoga Nidra ( <b>Stephanie Hynes</b> ).

### Saturday 26th April - Morning Session

7am - 8am	<b>Suryanamaskara</b> with <b>Nike Ruf</b> . Breathe, chant and gentle movement to start the day.
<b>OR</b>	<b>Meet The Morning</b> with <b>Sacha Johnston</b> . Gentle movement, Pranayama followed by Metta Bhavana.
8am - 9am	<b>Breakfast</b>
9.30am - 11.30am	<b>Yoga Classes</b> <b>Yoga 1: A Kindness Based Yoga Practice</b> with <b>Karen Kelly</b> . Become aware, awake and alive through conscious experience of the body, feeling at home in your own skin by sensing the body from the inside out. <b>Yoga 2: Movingness Brings A Spring Into Your Step</b> with <b>Katherine Smits</b> . By tuning into the internal feelings and sensations (interoception) and giving them expression, we are able, through the framework of MOVINGNESS, to gently activate the spine and core muscles, allowing the whole body to respond to the rhythms and inner sensations of fascial release and elasticity. <b>Yoga 3: Yoga For Digestion</b> with <b>Jean Smith</b> . A somatic yoga class for digestive health. Through the lens of the digestive system, we will bring soothing tones to the nervous system, and fluidity and a sense of ease to the fascia and organs.
12 noon	<b>Walking Meditation</b> This will be outdoors so wear your coat!
1 pm	<b>Lunch</b>



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### Saturday 26th April - Afternoon Session

2pm - 4pm

#### A Workshop To Induce Relaxation

**with Liz Moffatt.** Explore and experience simple exercises and practices that stimulate the parasympathetic nervous system, including self-massage, simple voice-freeing practices and a relaxation.

OR

#### The Magic Roller

**with Gay Blake & Stephaine Hynes.** Take home a new back! Using a “magic roller” you will be shown how to bring comfort to a tired or aching back and in turn lead it to a more upright alignment. Rollers will be provided. **Limited to 15 participants.**

4.15pm - 5.45pm

#### Hip Flexors - Use It Or Lose It!

**with Adrienne Crowe.** By caring for the person we are, we stimulate the person we will become. With the intention to employ a spirit of enquiry, we will explore how our hip flexors provide stability & fluidity in movement. Participants will be invited to move in a manner that is appropriate to their level of wellbeing. Components of the session are named after many inspiring teachers whose influence continues to percolate in unexpected ways. People with joint replacements, who are familiar with yoga, can also join, provided they are sufficiently recovered from the procedure and are back in regular practice.

OR

#### Chair Yoga

**with Monique Walsh.** You will experience inner peace through practising a gentle mindful yoga class assisted by a chair.

6pm - 7pm

#### Evening Meal

8pm

#### Social Gathering

This will feature lots of “ceol agus craic”. If you have a party piece this will be your chance to perform it!

### Sunday 27th April

7am - 8am

#### Suryanamaskara and Meet The Morning

with Nike Ruf and Sacha Johnston.  
Monique will also do Jala Neti at this time for anyone interested.

8am - 9am

#### Breakfast

9.30am - 11.30am

#### Yoga Classes

**Yoga 1: A Kindness Based Yoga Practice** with Karen Kelly (as Saturday)

**Yoga 2: Movingness Brings A Spring Into Your Step** with Katherine Smits (as Saturday)

**Yoga 3: Yoga For Digestion** with Jean Smith (as Saturday)

12 noon - 1pm

#### Closing Session

1pm

#### Lunch



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### Checklist

1. Please bring your Yoga mat, cushion, blanket, block, belts and a neti pot if you have one. (neti pots will be available for sale in shop). A notebook would also be a good idea.
2. All towels and bed linen supplied but don't forget to bring your own toiletries.
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 by 11th April.
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 church with the pointed steeple when you enter the town. Eircode for Teach Bhríde R93 W447.

### Contacts

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