

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:

26th - 28th April 2024

COST:

€210 for IYA Members, €250 non-members.

Deposit (non refundable): €60

Bookings from March 2024 – see website for booking forms end Feb 2024

BOOKING FORMS TO

Colette Lee

Email: colettelee33@gmail.com



Union Européenne de Yoga
European Union of Yoga

Irish Yoga Residential Retreat

The IYA Residential weekend takes place on 26th, 27th & 28th April 2024 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
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
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 when a completed booking form has been received by Colette Lee. Should you need to cancel your booking please do so in good time so as to enable another person to take your place.

Confirmation and 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 when booking to:

- Complete booking form and return to Colette Lee (email address on form)
- 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
- Cheque /Bank Draft/PO to Marita Nicholson, Charleville Road, Tullamore Co. Offaly. Balance to be paid by 19th April 2024

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