

**Yoga Retreat in Ireland**  
**September 20 – 30, 2015**

**Your Teachers**



**Yoga & Meditation with Melanie**



**Spiritual Healing with Ashley**



**Mindie, Personal Tour Guide & Thin Places Expert**

Enjoy Hatha Yoga and Meditation with **Melanie** daily. During our stay in Ireland, each guest will receive a Spiritual Healing Session with **Ashley**. This may include a regression, balancing of energies, or an emotional release. **Mindie** will take us off of the main roads to explore the countless "Thin Places" in Ireland.

**10 days 9 nights**

Each day of our retreat will begin with **yoga** and will be followed by a hearty breakfast at the hotel. From there we will be ready to begin the day's adventure. We will be staying for multiple nights at most hotels so that the trip pace will be calm and relaxing! On hotel check out days, we will arrange for a later departure time so that there is ample time for packing.

Most evenings will be yours to do what you wish. Meditation will be offered each evening at the hotel or outdoors if weather permits. You make take the time to wander throughout the village streets and meet some of the locals. The choice is yours!

## Irish Yoga Retreat – September 20 – 30, 2015

### **Day 1 ~ Dublin**

- (details may change depending on our arrival time)
- hotel check in
- afternoon city tour of Dublin
- yoga, meditation, rest
- Welcome dinner at the hotel



### **Day 2 ~ Tour Newgrange Passage Tombs and Hill of Tara**

- tour of Newgrange Passage Tombs and the Hill of Tara
- free time in Dublin
- overnight in Dublin



## Irish Yoga Retreat – September 20 – 30, 2015

### **Day 3 ~ Kildare & Wicklow**

- hotel check out
- today we will visit Solas Bhríde – St. Brigid Centre in Kildare, St. Brigid's Holy Well and Cathedral in Kildare.
- From there we will head to Pipers Stones & Castleruddery Stone Circle in Wicklow
- Overnight in Glendalough
- Group dinner at the hotel



### **Day 4 ~ Glendalough**

- hotel check out (Tonight we will be spending the night in Waterford.)
- tour of Glendalough Monastic Ruins (This is an incredible place!!)
- visit to Shillelagh – the largest Oak Forest in Ireland
- visit to Wexford Town and the Dunbrody Famine Ship



## Irish Yoga Retreat – September 20 – 30, 2015

### **Day 5~ Tintern Abbey & Hook Head**

- depending on the weather we may pass on hotel yoga and plan to do outdoor yoga at the Tintern Abbey... an incredibly spiritual place!
- visit to Tintern Abbey
- on to Hook Head
- overnight again in Waterford



### **Day 6 ~ Ardmore, St. Declan's Holy Well, Cashel**

- hotel check out
- visit to Ardmore (monastic ruins on the Irish coast founded by St. Declan)
- seaside walk, followed by a walk up to the cliffs and visit to St. Declan's Holy Well
- tonight we will overnight in (or near) the magical village of Cashel.



## Irish Yoga Retreat – September 20 – 30, 2015

### **Day 7 ~ Rock of Cashel, Bru Boru, Athassel Priory**

- today we will visit the incredible Rock of Cashel and then on to the Bru Boru Visitors Centre
- our afternoon will be ours to do what we choose
- in the later afternoon we will visit the Athassel Priory (the largest medieval priory in Ireland stretching over a 4 acre site)
- group dinner at the hotel



### **Day 8 ~ Sites around Cashel**

- this is our last night in Cashel so we will be visiting several sites in the surrounding area
- Glen of Aherlow
- St. Berrihert's Kyle and Holy Well
- Cahir Castle



## Irish Yoga Retreat – September 20 – 30, 2015

### **Day 9 ~ Monaincha and Leap Castle, Birr**

- hotel check out...heading back to Dublin
- visits to Monaincha
- Leap Castle (said to be the most haunted castle in Ireland)
- late afternoon lunch in the village of Birr
- farewell dinner at the hotel in Dublin



### **Day 10 ~ Canada Bound!**

- Hotel check out and transportation to airport



## **Irish Yoga Retreat – September 20 – 30, 2015**

### **What is included:**

- all land transportation in Ireland
- 4 star accommodation,
- breakfast daily excluding our arrival day
- 4 dinners
- excursion and entrance fees
- twin shared rooms
- yoga and meditation daily
- spiritual healing session
- person tour guide with the group 24/7

### **Not included:**

- flight
- travel insurance
- meals not listed above
- alcoholic beverages

**Cost per person: \$2200.00 USD**

Deposit of \$500 due immediately to confirm your space.

*Price is based on double occupancy in all hotels. Room mates will change with each hotel so that we all have a chance to get to know one another (unless you are travelling with a spouse or friend).*

*Price is also based on 16 guests signing up for the trip. Please confirm with me before booking your flight.*

*When booking flights, we will be departing from Toronto on Sunday, September 20th arriving in Dublin on the 21<sup>st</sup>.*

