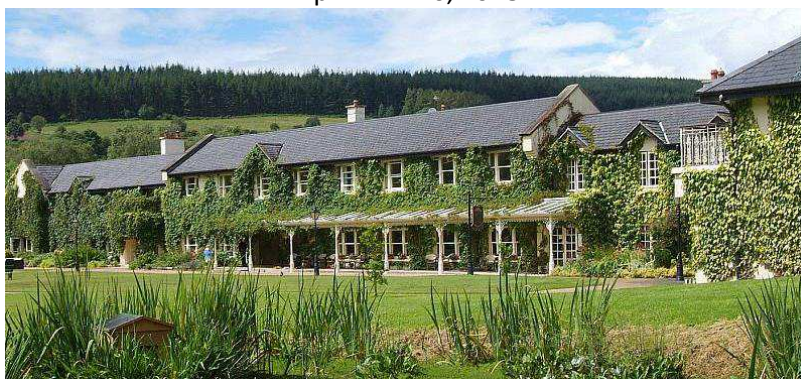


Yoga retreat in fabulous Ireland!

April 22 – 26, 2018



Led by Jennifra Norton EYT500 and Yvonne Tyler EYT500 professional Kripalu yoga teachers

Join us for a journey to wholeness through the healing practice of yoga at the charming BrookLodge & Macreddin Village in County Wicklow, the garden of Ireland (www.brooklodge.com/en/). Enjoy five days of nurturing and restorative yoga, practicing in the beautiful Macreddin Chapel. Enjoy fabulous meals in the multi-award winning Strawberry Tree and La Taverna Armento artisanal authentic Italian restaurants.

Retreat price of \$1,495 per person includes:

All yoga and meditation sessions

OR two rounds of golf at Macreddin golf club (designed by Paul McGinley)

All meals at Macreddin Village, including big table dining and wholesome breakfasts and lunches

4 nights accommodation in double occupancy room

Round trip coach from/to Dublin airport

Visit to Powers Court garden estate (entrance fee included)

Macreddin wild food master class including foraging expedition

Stunning hiking trails right from your door

Available bikes and equipment for local rides

Complimentary use of Wells Spa pool, steam room and sauna (optional spa treatments available)

Terms and conditions:

Retreat price does not include airfare, alcoholic beverages, travel/medical insurance, transfers outside of scheduled airport transfer, massages or other holistic treatments and other travel related expenses.

Itinerary changes may occur due to weather and other conditions. Final itinerary and activities are at the sole discretion of the trip leaders.

\$500 non-refundable deposit required by October 31, 2017. Balance due January 15, 2018. Space is limited. Price good through January 15, 2018; \$1,795 after that date.

For further information contact:

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ITINERARY

Day 1 – Sunday 4/22/18

- 9:00 Coach departs Dublin airport
- 10:30 Arrive at historic Powers Court estate (www.powerscourt.com), exploring gardens, waterfall, mansion and shops. Lunch at your leisure (not included)
- 2:00 Coach departs to BrookLodge, arriving at 3 pm
- 4:30 – 6:00 Yoga
- 7:30 – 9:30 Dinner at La Taverna Armento restaurant, authentic artisanal southern Italian cuisine
- 9:30 + Get to know participants at casual post dinner reception

Day 2 – Monday 4/23/18

- 8:00 – 9:30 Yoga
- 9:30 – 11:00 Breakfast
- 11:00 – 4:30 Free time or optional activity *
Lunch served 12:00 – 1:30
- 4:30 – 6:30 Yoga
- 6:30 – 7:30 Free time
- 7:30 – 9:30 Dinner at La Taverna Armento restaurant
- 9:30 + Optional games and casual conversation



Day 3 – Tuesday 4/24/18

- 8:00 – 9:30 Yoga
- 9:30 – 11:00 Breakfast
- 11:00 – 4:30 Free time or optional activity *
Lunch served 12:00 – 1:30
- 4:30 – 6:30 Yoga
- 6:30 – 7:30 Free time
- 7:30 – 9:30 Dinner at Strawberry Tree multi-award winning organic restaurant
- 9:30 + Optional games and casual conversation

Day 4 – Wednesday 4/25/18

- 8:00 – 9:30 Yoga
- 9:30 – 11:00 Breakfast
- 11:00 – 4:30 Free time or optional activity *
Lunch served 12:00 – 1:30
- 4:30 – 6:30 Yoga
- 6:30 – 7:30 Free time
- 7:30 – 9:30 Dinner at Strawberry Tree restaurant
- 9:30 + Optional games and casual conversation



Day 5 – Thursday 4/26/18

- 8:00 – 9:30 Yoga
- 9:30 – 11:00 Breakfast
- 11:00 – 3:00 Free time (check out by noon) Use of Wells Spa
Lunch served 12:00 – 1:30
- 3:00 Coach departs to Dublin airport

* Optional activities: Hiking, cycling, sightseeing at Glendalough, movie, smokehouse tour, shopping excursion