

Wellness Retreats



Burren Yoga Luxury Retreat

County Galway - Clare, West Coast of Ireland

October - Weekend retreats

- 03 - 05 Flow & Restorative yoga with Sylvia Ferguson
- 10 - 12 Hatha flow & Restorative yoga - Margarida Tree
- 17 - 19 Yoga flow & Yin yoga - Grainne O'Malley
- 24 - 27 **Bnk Hol** Hatha flow & Yin yoga - Aoife Ni Mhurchu
- 31st - 2nd Vinyasa & Yin yoga - Carmel Cronin

November - Weekend retreats

- 07 - 09 Yoga Flow & Restorative - Sylvia Ferguson
- 14 - 16 Hatha yoga & Meditation - Tara O'Rourke
- 21 - 23 Breath led yoga & Meditation - Eleanor Dawson
- 28 - 30 Mind Body Soul weekend retreat - Niamh Jones

December - 1 Weekend & 1 Week

- 05 - 07 Yoga for Health & Wellbeing - Niamh Daly
- 27 Dec - 2nd Jan New Year yoga retreat - Astrid Sasse

January - 1 Week & 3 weekend retreats

- 03 - 09 Mind Body Soul retreat - Niamh Jones
- 16 - 18 Yoga flow & Yin yoga - Grainne O'Malley
- 23 - 25 Yoga & Meditation - TBD
- 30 - 2nd **Bnk Hol** Hatha flow & Restorative - Margarida Tree

February - Weekend retreats

- 06 - 08 Mind Body Soul weekend - Niamh Jones
- 13 - 15 Breath led yoga & Meditation - Eleanor Dawson
- 20 - 22 Yoga & Meditation - TBD
- 27 - 1st Yoga flow & Restorative - Sylvia Ferguson

Book any 2 to 6 Nights
on week long retreats

Flexi
Dates



@BurrenYoga



www.BurrenYoga.com

Phone 091 - 637680



New Luxury Retreat Centre
Amazing vegetarian food
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Every weekend all year round
Week-long retreats
every week during summer

Book 2 to 6 nights



Suitable for complete beginners
to advanced

Luxury en-suite bedrooms



Luxury Retreat Centre
built 2021