

# Wellness Retreats



**New Luxury Retreat Centre**  
**Amazing vegetarian food**  
**Daily guided outings**



**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**

## Burren Yoga Luxury Retreat

County Galway - Clare, West Coast of Ireland

### March - Weekend retreats

- 06 - 08 Yoga for Menopause - Niamh Daly
- 13 - 15 Satyananda Yoga and Meditation - Dave Brocklebank
- 20 - 22 Detox, Yoga & Meditation - Niamh Jones
- 27 - 1st Satyananda Yoga and Meditation - Dave Brocklebank

### April - Weekend retreats & Easter week

- 03 - 09 **Easter** Yoga week-long Retreat - Eleanor Dawson
- 10 - 12 Hatha flow & Meditation - Tara O'Rourke
- 17 - 19 Hatha yoga and Meditation - Karolina O'Brien
- 24 - 26 Hatha flow yoga & Meditation - Grainne O'Malley

### May - 2 Weekends & 2 Week-long retreats

- 08 - 10 Yoga flow & Restorative yoga - Sylvia Ferguson
- 15 - 17 Vinyasa flow & Yin yoga weekend - Kate Dagher
- 22 - 28 Vinyasa & Restorative yoga - Margarida Tree
- 29 - 4th Breath-led Yoga & Meditation - Eleanor Dawson

### June - 3 Week-long retreats

- 05 - 11 Yoga flow & Restorative yoga - Sylvia Ferguson
- 12 - 18 Breath work & Individualised yoga - Paula O'Hanlon
- 26 - 2nd Jul Hatha flow & Yin yoga - Grainne O'Malley

**Week long retreats every week**

**June thro' to Sept**

**Book any 2 to 6 Nights**  
**on week long retreats**



**@BurrenYoga**



**www.BurrenYoga.com**

Phone 091 - 637680