

Wellness Retreats

Avoid Airport Stress

Enjoy a week-long retreat in Ireland

Burren Yoga Luxury Retreat

County Galway - Clare, West Coast of Ireland

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

July - 4 Week-long retreats

- 03 - 09 Yoga for Menopause and beyond - Niamh Daly
- 10 - 16 Midsummer Yoga & Vitality - Margarida Tree
- 17 - 23 Breath-Led Yoga & Meditation - Eleanor Dawson
- 24 - 30 Satyananda Yoga & Meditation - Dave Brocklebank

Week-long retreats every week

June thro' to end of Sept

Book any 2 to 6 Nights
on week long retreats



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www.BurrenYoga.com

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every week during summer

Book 2 to 6 nights



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