

INISHBOFIN RETREATS 2024



Spring Retreat with Marella Fyffe and Christine Stewart **May 10-12th**

This Spring Retreat, with Marella Fyffe and Christine Stewart, held during Bealtaine, is a time of growth and abundance; our practice will celebrate that as we listen for the elusive corn crake.

€125 Yoga Only

Bookings Christine 087 2251138

Buk.ie/11



Mid-Summer Retreat with Ann McDonald and Christine Stewart **June 13 -16th**

There will be six nourishing yoga classes with Ann McDonald and Christine. These will include our Thursday evening Yoga Nidra class and three optional morning meditations. A beautiful time of year full of song and sand.

€180 Yoga Only Thursday to Sunday

€125 Friday to Sunday

Bookings Christine 087 2251138

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Last of the Summer Yoga with Marella Fyffe and Christine Stewart **Sept 2nd - 6th**

There will be eight wonderful 2-hour classes. We will explore all elements of yoga asana, pranayama and meditation with a light heart and curious mind. From Monday afternoon to Friday morning finishing at 12 noon

€224 for all eight classes, €30 per class

Bookings Christine 087 2251138

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Equinox Wind Down with Christine **Sept 13 - 15th**

This retreat is with Christine and is all about restoring and unwinding. As we move into Autumn, things start to slow down, it is a time to let go a little. This retreat suits anyone looking for a relaxing weekend away from their busy life. Includes four yoga classes and two optional meditations.

€125 Yoga Only

Bookings Christine 087 2251138

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