

IRISH YOGA ASSOCIATION



Irish Member of the  
European Union of Yoga

# Annual IYA Residential Yoga Retreat

**VENUE:**

Teach Bhride, Holistic Education Centre,  
Tullow, Co. Carlow.

**DATE:**

26th - 28th April 2024

**COST:**

€210 for IYA Members, €250 non-members.

**Deposit (non refundable): €60**

Bookings from March 2024 – see website for booking forms end Feb 2024

BOOKING FORMS TO

Colette Lee

Email: [colettelee33@gmail.com](mailto:colettelee33@gmail.com)



Union Européenne de Yoga  
European Union of Yoga

# Irish Yoga Residential Retreat

The IYA Residential weekend takes place on 26th, 27th & 28th April 2024 in Teach Bhride, Holistic Education Centre, Tullow, Co Carlow.

The Annual Weekend is run by members of the association and all IYA teachers give their sessions voluntarily.

The weekend commences on:

## FRIDAY EVENING

4.30pm	Registration
6.00 - 7.00pm	Evening Meal
8.00 - 9.00pm	Opening Session

## SATURDAY

7.00 - 8.00am	Meditation
8.00 - 9.00am	Breakfast
9.30 - 11.30pm	Yoga Classes
12.00noon	Walking Meditation
1.00 - 2.00pm	Lunch
2.00 - 4.00pm	Workshops
4.15 - 5.45pm	Workshops
6.00 - 7.00pm	Evening Meal
8.00pm	Social Evening

## SUNDAY

7.00 - 8.00am	Meditation
8.00 - 9.00am	Breakfast
9.30 - 11.30am	Yoga Classes
12.00 - 1.00pm	Closing session
1.00 - 2.00pm	Lunch

**ATTENDANCE  
TO THE WHOLE  
WEEKEND WILL  
QUALIFY FOR 9  
CPD HOURS**

## BOOKINGS

Bookings can only be accepted when a completed booking form has been received by Colette Lee. Should you need to cancel your booking please do so in good time so as to enable another person to take your place.

Confirmation and further details will be sent by email on receipt of deposit. Tullow is served by public transport. Details from [www.buseireann.ie](http://www.buseireann.ie). Driving directions if travelling by M9 Motorway - Leave the M9 at EXIT 4 and take the road to Tullow via Castledermot.

## ESSENTIAL ITEMS – WORKSHOP

Yoga mat, cushion, blocks, belt, blanket, alarm clock & Neti pot.

## APPLICATION

Please remember when booking to:

- Complete booking form and return to Colette Lee (email address on form)
- Pay your deposit online. **Name:** Irish Yoga Association, **Account No:** 94249412, **Sort Code:** 90-00-17, **BIC:** BOFIE2D **IBAN:** IE14 BOFI 9000 1794 2494 12
- Cheque /Bank Draft/PO to Marita Nicholson, Charleville Road, Tullamore Co. Offaly. **Balance to be paid by 19th April 2024**

## CHILL OUT ROOM, YOGA SHOP & SECOND HAND BOOK STORE

Chill Out Room, Yoga Shop & Second Hand Book Store on site. Further details will be sent out with the booking receipt & you can check the website at [www.iya.ie](http://www.iya.ie) for updates on the weekend.

"There is a light that shines beyond all things on earth,  
beyond us all, beyond the very highest heavens.  
This is the light that shines in our hearts".

CHANDOGYA UPANISHAD 3.13.7

# IRISH YOGA ASSOCIATION RESIDENTIAL RETREAT BOOKING FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please tick your consent to be contacted by phone or email: Yes [  ] No [  ]

Cheque Amount sent to Marita Nicholson: € \_\_\_\_\_

Amount of online deposit paid: € \_\_\_\_\_

## **ACCOMMODATION**

Accommodation is Single or Twin. En Suite (€15 extra).

Please tick your preference: Single: [  ] Twin: [  ] En Suite: [  ]

Places will be allocated in order of receipt so book early to avoid disappointment!

## **MEALS:**

All meals are included in the cost. Meals will be vegetarian.

Please indicate any special Dietary requirements:

Will you arrive for the Friday evening meal? Yes [  ] No [  ]

## **LIMITED NUMBER OF PLACES**

There are only **39 places** available so early booking is advisable, places will be given on a first booked basis. Due to the limited numbers single-day attendance is not available.

**WEEKEND COST:** €210 for IYA Members, €250 non-members.

Deposit (non refundable): €60 **Balance to be paid by 19th April 2024**

## **EMAIL BOOKING FORMS TO:**

Colette Lee Email: [colettelee33@gmail.com](mailto:colettelee33@gmail.com). Tel. 087 674 3580