**A Yoga & Fitness Retreat in Wicklow, Ireland**

*July 12th – July 18th, 2019*

Retreat Schedule

\*Please note: there may be slight adjustments to the schedule!

**Friday**

3:00 pm Check-in

5:00 – 6:30 pm Welcome and Slow Flow Yoga Class (Kathy)

7:30 Dinner

**Saturday**

7:00 – 7:30 am Self-guided meditation, journaling or choose to have a lie-in.

7:30 – 8:45Vinyasa FlowYoga

9:00 – 10:00 Breakfast

10:30 – 12:30 Guided Hike with a member of the Wicklow Mountain Rescue

12:30 – 1:30 Lunch

1:30 – 5:30 Free Time (Optional Massage)

5:30 – 6:30 Yin & Restore Yoga Class

7:00 – 8:30 Dinner

9:00 - 10:30 Hot Tub & Chill Time

**Sunday**

7:00 – 7:30 am Self-guided meditation, journaling or choose to have a lie-in.

7:30 – 8:45Vinyasa Flow Yoga

9:00 – 10:00 Breakfast

11:00 – 12:00 Sun Salutation Workshop (optional)

1:00 – 2:00 Lunch

2:00 – 5:30 Free Time (Massages, Optional Excursions)

5:30 – 6:30 Pilates & Restore Class

7:00 – 8:30 Dinner

\*Massage Times: 10:00 – 11:00, 11:00 – 12:00, 12:00 – 1:00, 2:00 – 3:00, 3;30 – 4:30

**Monday**

7:00 – 7:30 am Self-guided meditation, journaling or choose to have a lie-in.

7:30 – 8:30 Pilates with Lou

8:30 – 9:30 Breakfast

10:00 Depart for Glendalough Hike

11:00 – 12:30 Hike Glendalough Trail (choose a trail)

1:00 – 2:30 Lunch In Hollywood Village

3:00 Return to Elbow Room

5:30 – 6:30 Stretch & Restore Yoga

7:00 – 8:30 Dinner

**Tuesday**

7:00 – 7:30 am Self-guided meditation, journaling or choose to have a lie-in.

7:30 – 8:45 Vinyasa FlowYoga

9:00 – 10:00 Breakfast

1:00 – 2:00 Lunch

2:00 – 5:00 Free Time

5:30 – 6:30 Pilates & Restore

7:00 – 8:30 Dinner

8:30 – onward Optional Pub Night

## \*Optional Excursions include: Horseback Riding, Visit to Russborough House & Parklands or Michael Dwyer Cottage

**Wednesday (Last evening)**

7:00 – 7:30 am Self-guided meditation, journaling or choose to have a lie-in.

7:30 – 8:45 Vinyasa FlowYoga

9:00 – 10:00 Breakfast

1:00 – 2:00 Lunch

2:00 – 5:00 Free Time

5:30 – 6:30 Pilates

7:30 – 9:30 Special Dinner & Closing

## \*Optional Excursions include: Horseback Riding, Visit to Russborough House & Parklands or Michael Dwyer Cottage

**Thursday (Last Day)**

7:00 – 8:00 am Self-guided meditation, journaling or choose to have a lie-in.

8:00 – 9:30 Vinyasa FlowYoga & Closing

9:30 – 11:00 Breakfast

1:00 Check-Out

**Class Descriptions**:

**Vinyasa Flow Yoga:**

The vinyasa flow style yoga taught by Kathy, has strong flows and creative sequences of poses designed to encourage students to connect their body and mind through strengthening, lengthening and opening. The classes are set to inspiring music and incorporate an aromatherapy savasana massage. These classes will challenge each student to go beyond where they have been before, in a safe, authentic environment that encourages questions, smiles and laughter!

The classes are suitable for all levels of yogi’s.

**Mindful** **Yin & Restorative Yoga:**

This class is a mix of yin and restorative poses coupled with candlelight and aromatherapy. Yin Yoga is a series of deep stretches that target the deeper fascia of the spine & pelvis allowing for improved flexibility of soft tissues, mobility and the release of stress in the body & mind. Mindfulness meditation will be weaved throughout this practice. Expect a soothing soundtrack and an aromatherapy savasana massage.

**Pilates:**

Louise combines yoga movements with Pilates, which is a form of body conditioning that focuses on developing a strong core by using the deep abdominal muscles to control movement and postures.

Louise works with students to balance all muscle group’s strength and flexibility, with an emphasis on challenging the core muscles with each movement. Louises mat class is a challenging yet safe method increased agility in your every day movements.

With the focus on core strength and flexibility, building on your understanding of how and when to engage the muscles properly Louise will give you a challenging workout, some new exercises and techniques, with the focus of yoga in the background.

**Sun Salutation Workshop:**

Have you ever wondered if you’re doing Chaturanga the right way? Are you interested in flowing through your poses more fluidly? Whether you're new to yoga or you've been on the mat for years, breaking down the poses can deepen your practice and improve your experience.

This 60-minute workshop will review the Sun Salutation sequence --traditionally called Surya Namaskar—tying together breath and movement.

While it can be tempting to zoom through each pose and get your heart rate pumping, you risk injury over the long term, and it’s much less effective.  This workshop will break down poses like Downward Facing Dog, Upward Facing Dog, and Chaturanga. This is optional, but offered to all retreat guests.