

YOGA MARA ESCAPE TO: BALLYNAHINCH CASTLE

November 27th – 30th 2023



YOGA · MARA

MEET YOUR HOSTESSES

The Yoga Mara philosophy is simple... take time. Time to Reset, Recharge and Reconnect.

Rachel and Hannah are both qualified yoga instructors, mediation facilitators and breathwork coaches who pride themselves on creating a safe and non-judgemental space for their guests.

Each yoga class will be led by both Rachel and Hannah, one instructing while the other offers hands on assist and posture alignment. This ensures the deepest level of comfort, care and safety for all guests.

Yoga Mara's focus is to ensure each guest finds their balance in a way that connects to them personally.

Yoga Mara Co-Founders:
Rachel & Hannah Healy





YOGA · M A R A

THE ITINERARY

ARRIVAL DAY 1: MONDAY NOV 27TH

3:00pm onwards: Guests check in to Ballynahinch Castle Hotel.

5:15pm: Guests to meet with Yoga Mara Escape facilitators, Rachel and Hannah Healy, at reception and walk to Lettery Lodge yoga studio.

5:30pm: Welcome circle and introduction to Yoga Mara Escape followed by Yin/Restorative yoga & Yoga Nidra/Guided Meditation.

7:00pm: Welcome drinks served by the fire.

7:30pm: Healthy and nutritious dinner served in the lodge.



YIN & YOGA NIDRA EXPLAINED

Yin Yoga

Poses apply moderate stress to the connective tissues of the body—the tendons, fascia, and ligaments—with the aim of increasing circulation in the joints and improving flexibility. A more meditative approach to yoga, its goals are awareness of inner silence, and bringing to light a universal, interconnecting quality.

Yoga Nidra

(or Yogic Sleep) is a state of consciousness between waking and sleeping, like the "going-to-sleep" stage, typically induced by a guided meditation. There is evidence that yoga nidra helps to relieve stress and is among the deepest possible states of relaxation while still maintaining full consciousness.





Riverview Bedroom, Ballynahinch Castle



Yoga Studio at Lettery Lodge, Ballynahinch



Living Room at Lettery Lodge, Ballynahinch

DAY 2: TUESDAY NOV 28TH

7:00am onwards: Fresh fruit, smoothies, juice & teas/coffee served in Lettery Lodge.

7:30am: Energising Vinyasa Flow yoga class followed by essential oil infused head and neck massage.

9:00am: Breakfast served in Owenmore restaurant.

Time at Leisure

- Art walk (self-guided)
- Gentle guided walk of the estate
- Hike of Errisbeg or Diamond Hill (guide available)
- Trip to Clifden to browse boutiques & coffee shops



DAY 2: TUESDAY NOV 28TH

3:00pm: Breath-Work workshop to help guests understand the power of the breath, how to self soothe, reset their nervous system, help heal old traumas, and bring a deeper sense of connection to their body and mind.

6:00pm: Relaxing Yin/Restorative Yoga class.

7:30pm: Dinner served in Fisherman's Pub.





Breakfast Buffet at Ballynahinch Castle

VINYASA FLOW YOGA EXPLAINED

Vinyasa is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as “flow” yoga, Vinyasa classes offer a variety of postures and no two classes are ever alike. The opposite would be “fixed forms” such as Bikram Yoga, which features the same 26 postures in every class, or Ashtanga which has the same sequence every time.

The variable nature of Vinyasa Yoga helps to develop a more balanced body as well as prevent repetitive motion injuries that can happen if you are always doing the same thing every day. This class will have you feeling open, less stressed and full of energy and enthusiasm for the day ahead.



BREATH-WORK WORKSHOP EXPLAINED

Breath - Work, also known as conscious breathing, involves intentional control of the breath to improve physical, mental, and emotional well-being. It is fast becoming the mindfulness method of choice as it allows the practitioner to self-soothe, regulate their own nervous system and release stress and anxiety in a matter of minutes.

There are many forms of breathwork therapy that involve breathing in a conscious and systematic way.

Throughout this workshop we will guide guests through various styles of breathing techniques that can help to reduce stress, aid better sleep, create clarity and focus and calm the nervous system.



DAY 3: WEDNESDAY NOV 29TH

7:00am onwards: Fresh fruit, smoothies, juice & teas/coffee served in Lettery Lodge.

7:30am: Energising Vinyasa Flow yoga class followed by essential oil infused head and neck massage.

9:00am: Breakfast served in Owenmore restaurant.

Time at Leisure

- Art walk (self-guided)
- Gentle guided walk of the estate
- Hike of Errisbeg or Diamond Hill (guide available)
- Trip to Clifden to browse boutiques & coffee shops



DAY 3: WEDNESDAY NOV 29TH

3:00pm:

Optional Cooking demonstration with Ballynahinch head chef, Danni Barry

5:30pm:

Relaxing Yin/Restorative Yoga class followed by Yoga Nidra.

7:30pm:

Fine dining experience at Owenmore Restaurant, Ballynahinch.





Cooking Demonstration Kitchen at Lettery Lodge



Diamond Hill- View from the Summit



A Connemara Cycle



DEPARTURE DAY 4: THURSDAY NOV 30TH

7:00am onwards: Fresh fruit, smoothies, juice & teas/coffee served in Lettery Lodge.

7:30am: Energising Vinyasa Flow yoga class followed by essential oil infused head and neck massage.

8:30am: Closing circle with journaling activity.

9:30am: Breakfast served in Owenmore restaurant.

Departures



WELLNESS WEEKEND PACKAGE INCLUDES

Includes:

- 3 x nights accommodation in private or shared room
- Welcome drinks on arrival night
- 6 x yoga and meditation classes across 3 x nights/4 days with 2 x qualified Yoga Instructors
- 1 x Breath-Work Workshop
- Daily morning fresh fruit platter, smoothies and juices
- A La Carte & Buffet Breakfast each morning
- Dinner each evening across 3 x different locations within Ballynahinch Hotel & grounds
- All Yoga equipment – mats, straps, blocks, blankets, cushions, face cloths, speaker
- Yoga Mara gift bag

Pricing:

- Classic single room €1425.00
- Classic Twin room €2060.00
- €1030.00 p/p sharing

Room upgrades available at a total supplement for 3 x nights:

- Classic riverview €90.00
- Superior room €210.00
- Luxury room €270.00



WEEKEND WELLNESS PACKAGE: ADD ONS

Additional Extras:

- Cooking demonstration followed by lunch
€60.00 p/p
Min of 5 attendees required
- The guided walk of the estate again, must be prebooked.
€30.00 p/p
Min of 4 attendees required
- Diamond Hill or Errisbeg Hike, allowing 3 hours, will be €150 per person, minimum two people.
€150.00 p/p
Min of 2 attendees required
- Self Guided Art Tour
COMPLIMENTARY
- Bike rental
COMPLIMENTARY

