



*Spring Cleanse*

**YOGA RETREAT**

*with Kenneth Ryan*

**FRIDAY 4<sup>TH</sup> – SUNDAY 6<sup>TH</sup> MARCH 2016**

## THE SPRING CLEANSE YOGA RETREAT

The Spring Cleanse Retreat is a weekend of cleansing teas, nutritious juices, light healthy food, juicing demonstrations and lifestyle discussions, plenty of fresh air, with both invigorating and soothing Yoga and Relaxation practices plus some rejuvenating spa pampering to revive the body. The weekend is designed to increase one's energy levels, lighten and cleanse the body and to clear and calm the mind - bringing you into a natural state of being. De-stress and fully rejuvenate from the routine of everyday life, and join Ken this March for a unique cleansing experience within the breathtaking region of Connemara and South Mayo.

### A BIT ABOUT THE TEACHER, KENNETH RYAN



Kenneth Ryan has led the Yoga/Holistic programme of events here at Delphi through until 2005. He has recently returned to the area after his journey teaching Yoga throughout the world, and travelling with Jason Vale, aka The Juice Master. Ken is from Galway City in the west of Ireland, although in recent years has spent most of his time abroad; he has travelled extensively. It was during one of his extended trips, during the long warm winter of his first trip to India in 1994, that Ken spent much of his time living alone in the tropical forest, at peace with nature. He has since been inspired to regularly return to the mystical sub-continent and further east for lengthy periods of study and practice at traditional and contemporary schools of Yoga and Meditation.

In class Ken interprets these teachings in a form more appropriate to the western mind and lifestyle without compromising the essence of Truth that is Yoga. His style of teaching is often lively, balanced with a gentleness of approach.

## PRICE INCLUDES

- 2 x Nights' Accommodation in the 4 Star Hotel
- 2 x Breakfasts (Juice or Full Breakfast depending on meal plan chosen)
- 2 x Lunches
- 2 x 3 Course Evening Meals in the hotel's 814 Brasserie
- Juice Demo by Kenneth (known for his association with Jason Vale "The Juice Master")
- Juicing Lifestyle Discussion with Kenneth
- Daily Yoga & Relaxation Practices
- Daily Meditation
- 1 x Spa Treatment (choose from options below)
  - Organic Seaweed Bath
  - Back, Neck & Shoulder Massage
  - Head, Neck & Shoulder Massage
  - Eminence Mini Facial
  - Organic Feet Treatment
  - Body Scrub
- 2 x Complimentary hour sessions in the Thermal Suite
- Self-Guided Forest Fitness Walk
- 2 x Tea Ceremonies

The Spring Cleanse Retreat is all about meeting your individual needs, so we encourage you to fill your days with as many or as little activities on the itinerary as you like.

## PRICING PER PERSON

One Person in a Twin Room Sharing from €399

One Person in a Single Room from €469

\*Stay an extra night on Sunday 6<sup>th</sup> for only €39 pps Bed & Breakfast

## THE VENUE

Stay in comfortable and blissful shared twin or single rooms at the Resort, with everything at your finger tips: 4 Star Hotel Accommodation, Yoga Studio, Spa, Thermal Suite with Jacuzzi, Steam Room & Sauna, Restaurants, Library Room, Walking Trails, Tranquil Setting and more. The resort is located within 35 minutes of Westport and 10 minutes of Leenane in Connemara, also within a

stone's throw of the breath-taking Killary Fjord – a truly magical location. All rooms are ensuite and are stocked with organic toiletries and fresh, fluffy towels.

## **DINING & MEAL OPTIONS**

The Spring Cleanse Retreat has a key focus on cleansing the body and mind – a great introduction to the Spring season. We have developed 2 meal plan options. Guests can choose to avail of Ken's Freetox menu or the Delphi Dining menu.

The Freetox menu focuses on a combination of juicing and light salad lunches with 3 course light evening meals. The Delphi Dining menu consists of full breakfasts (no juicing), 2 course lunches and 3 course indulgent evening meals.

Guests can choose 1 of the following Meal Plans: 1. Freetox or 2. Delphi Dining

Sample meal plans can be viewed below. **All guests must choose their meal plan type before arrival.**

### Sample Freetox Meal Plan:

Friday Evening – 3 Course Evening Freetox Dinner

Saturday – Lively Liquid Juice Breakfast, Juicy Demo with Kenneth, Light Salad Lunch, 3 Course Evening Freetox Dinner

Sunday – Juicy Breakfast, Lively Salad Lunch

### Sample Delphi Dining Meal Plan:

Friday Evening – 3 Course Evening Dinner

Saturday – Full Breakfast (no juicing), 2 Course Lunch, 3 Course Evening Dinner

Sunday – Full Breakfast (no juicing), 2 Course Lunch

Please advise on booking if you have any particular dietary restrictions.

Kenneth will be joining the group for lunch and dinner – a great way to learn about his worldly experiences, to make new friends and immerse yourself in the whole Yoga experience.

## **WEEKEND SAMPLE ITINERARY**

The itinerary is flexible and planned to maximise your experience of Yoga while allowing free time to explore the surrounding area, engage with local culture and avail of some of the Resort's other offerings, while relaxing and winding down from everyday life.

### **Friday 4<sup>th</sup> March 2016**

04.00pm – Check in from 4pm

06.30pm – Meet & Greet Gathering in the Library

07.30pm – Dinner in the 814 Brasserie

09.00pm – Relax 'n' Revive; Yoga Restfulness/Relaxation

10.00pm – Gathering or Early to Bed

### **Saturday 5<sup>th</sup> March 2016**

08.00am – Delphi Tea Ceremony

08.30am – Morning Meditation

09.00am – Yoga; Energetic Practice

09.30am – Hatha Yoga; Traditional Practice

10.00am – Self-Guided Forest Fitness Walk

10.30am – Breakfast

11.15am – Juicy Demo with Kenneth Ryan

12.30pm – 5 Tibetans “Yoga for Long Life”

01.30pm – Lunch

02.00pm – Personal Rest; ‘You Time’ - Relax or explore the resort's offering in the Spa, Adventure Hub or embark on a peaceful forest walk

05.00pm – Yoga Restorative; Relaxing Restful Practice

07.30pm – Dinner in The 814 Brasserie

08.00pm – Evening “Resting in the Twilight Zone”, Yoga Nidra

09.30pm – Gathering in the Library

10.00pm – Early to Bed

### **Sunday 6<sup>th</sup> March 2016**

08.00am – Silent Tea Ceremony

08.30am – Morning Meditation

08.45am – Restful Awareness Relaxation

09.00am – Yoga; Energetic Practice

09.45am – Yoga cont'd; Hatha Steady Practice

10.30am – Breakfast

11.30am – Check Out and “Moderation in Moderation” Spirit of Juicy Lifestyle practicalities discussed

01.30pm – Lunch & Farewells

The Spring Cleanse Retreat is all about meeting your individual needs, so we encourage you to fill your days with as many or as little activities on the itinerary as you like. Additional spa treatments may be purchased and availed of throughout the weekend – pre-booking is essential.

## **DEPOSIT & BOOKING**

To secure your place we require a 30% deposit per person. Please call us on +353 (0)95 42208 or book your package online at [www.delphi.ie](http://www.delphi.ie)

## **FIND OUT MORE**

To find out more, please contact us on:

### **The Delphi Spa:**

Tel +353 (0)95 42106

Email [spa@delphiresort.com](mailto:spa@delphiresort.com)

### **The Resort Reservations Team:**

Tel +353 (0)95 42208

Email: [bookings@delphiresort.com](mailto:bookings@delphiresort.com)