



JUNE YOGA RETREAT

with Kenneth Ryan

MONDAY 6TH – WEDNESDAY 8TH JUNE 2016

THE YOGA RETREAT

The Delphi Yoga Retreat is a weekend of cleansing teas, nutritious juices, tasty 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. De-stress and fully rejuvenate from the routine of everyday life, and join Ken for a unique Yoga 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 (Fresh Juice or Breakfast)
- 2 x Lunches
- 2 x 3 Course Evening Meals in the The 814 Restaurant
- 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 Yoga 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

Early Bird Special from €299pps before 16th May 2016:

One Person in a Twin Room Sharing from	€299	€349
One Person in a Single Room from	€369	€419

Full Price after 16th May 2016:

One Person in a Twin Room Sharing from	€349
One Person in a Single Room from	€419

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

Kenneth will be joining the group for breakfast, lunch and dinner – a great way to learn about his worldly experiences, to make new friends and immerse yourself in the whole Yoga experience. If you would like to dine separately from the group, please let us know in advance and we will try to accommodate you as best we can. However, it is encouraged to stay together to gain the most out of the weekend.

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

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.

Monday 6th June 2016

04.00pm – Check in from 4pm

06.30pm – Meet & Greet Gathering in the Library

07.30pm – Dinner in the 814 Restaurant

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

10.00pm – Gathering or Early to Bed

Tuesday 7th June 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 Restaurant

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

09.30pm – Gathering in the Library

10.00pm – Early to Bed

Wednesday 8th June 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

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.delphiresort.com

Additional spa treatments may be purchased and availed of throughout the weekend – **pre-booking is essential.**

FIND OUT MORE

To find out more, please contact us on:

The Delphi Spa:

Tel +353 (0)95 42106 Email spa@delphiresort.com

The Resort Reservations Team:

Tel +353 (0)95 42208 Email: bookings@delphiresort.com