

## **Retreat In Newport County Mayo, Ireland October 11<sup>th</sup> to 13<sup>th</sup>**

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### **Unwind, Reconnect & Find Inner Peace**

Give yourself a chance to relax  
Because you deserve it

A weekend of well-being and reconnecting with nature in the serene countryside of Tiernaur, **Nevins Newfield Inn**, County Mayo, Ireland. This special weekend retreat offers a chance to reconnect with yourself & discover your inner light. Through yoga, meditation & mindfulness practices, you will learn tools to stay grounded & peaceful in a busy world.

We will take you on a journey of deep relaxation and spiritual guidance, whilst surrounded by the beautiful vast ocean, mountains & nature that County Mayo has to offer. The core concept of the retreat is to let go of unnecessary burdens & stress so that you connect with your inner power. Once connected, you gain a deeper understanding and clarity to find inner peace.

Hosted by the luxurious Nevins Newfield Inn, we will make you feel at home, at peace & cared for, so that you can relax, unwind, let go, replenish & rejuvenate, all whilst connecting with your inner power.

### **Schedule**

Ireland	11 <sup>th</sup> october to 13 <sup>th</sup> october	book now.
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### **Prices**

Retreat, All Meals & Private Accommodation €950

Retreat, All Meals & Shared Accommodation €850

Retreat, All Meals & No Accommodation €550

Early Bird Discount 150 Euro if booked before 11th August 2024.

### **Retreat Schedule**

**Friday**

14.00- 15.00	Arrival and check in
15.00-16.30	Introductory welcome ceremony, tea & movement meditation (dancing)
16.30-17.30	Relaxing Yin Yoga & Sound Healing with Hannah
17.45-19.00	Releasing and Healing session with Meera
19.30-20:30	Dinner at Nevins
<b>Saturday</b>	
07.30-08.30	Morning Hatha Yoga with Hannah
08:30-9:30	Breakfast
9:30-11:00	Meditative walk on the Great Western Greenway(depending on weather)
11.00-13:00	Stress management and Yogic Philosophy with Meera
13.00-15:00	(Optional) Take a dip in the Atlantic Ocean at Mulranny beach, followed by Lunch at Nevins
15.30-17.00	Yogic Philosophy to Reconnect with oneself by Meera
17.15-18.15	Relaxing Reiki & Restorative workshop with Hannah
18.30-19.30	Yoga Nidra with Meera
20.00 – 21:00	Dinner
<b>Sunday</b>	
07.30-08.30	Morning Hatha Yoga with Hannah
08.30-10.30	Breakfast followed by (optional) meditative walk around Sand Hill.
10.30 -12.30	Q&A session & sharing circle
12.30-13.30	Sandwiches, canapés, refreshments & reflection
13.30-15.00	Final session with Meera
15.00-16:00	Relaxing Sound Bath with Hannah
16:00-16:45	Self-Journaling, Scones & Tea
17:00	Departure

**The schedule may vary depending on weather and day to day activities**

### **Experienced Guidance - Meet the team**

#### **Meera**

We are honored to welcome Meera, a radiant soul all the way from India, to guide us through this transformative weekend retreat. As the owner of Diya Yoga, a revered yoga teacher training school in Goa, India, Meera brings with her a wealth of knowledge and experience in the ancient art of yoga. Meera will generously share her vast expertise, offering enlightening yogic philosophy classes, yoga nidra sessions, and profound meditations. Her teachings are designed to help you restore mental clarity, rejuvenate your physical, mental,

emotional, and spiritual well-being, and cultivate a lasting sense of calmness and inner peace.

Meera's warm-hearted presence and compassionate guidance will create a nurturing and supportive environment for your journey of self-discovery and inner transformation.

Meera's journey has been deeply rooted in spirituality since her early years. Raised in the Osho International Ashram in Pune, she delved into both ancient Indian philosophy and modern therapeutic techniques, fostering a profound understanding of these diverse traditions. This foundational knowledge shaped her into a skilled practitioner of yoga, meditation, and various therapeutic modalities.

From Yoga Nidra and Chakra Healing to Dream Dialogue and trauma healing, Meera's expansive toolkit enables her to guide others toward enhanced well-being & transformative experiences. Over the past two decades, she has shared her wisdom and supported individuals in India, Europe, Israel, and Australia in their quest for peace and personal growth through yoga and therapeutic meditation.

Passionate about enriching others' yoga and meditation experiences, Meera brings a wealth of expertise, including extensive time spent at the OSHO Meditation Resort. By seamlessly blending ancient Indian practices with modern therapeutic techniques, she facilitates transformative experiences for her students.

Through retreats, courses, and one-on-one sessions, Meera has empowered countless individuals to deepen their yoga practice, cultivate heightened self-awareness, and uncover an abundant reservoir of love and inner peace.

## **Hannah**

Hannah Nevin, founder of Eagna, a holistic pursuit focusing on Yoga, Reiki & Sound Healing. Hannah has solo traveled the world on a journey of self-discovery, transformation & holistic healing. Hannah has trained and teaches at Diya Yoga in Goa, India, Hannah's classes are perfect to restore balance in your physical, mental, emotional & energetic health. Hannah merges together techniques from multiple traditions, creating a harmonious blend of asana,

pranayama, mantras, mudras, meditation, yogic philosophy, advanced anatomy & alignment in her classes. She will guide you through invigorating Hatha morning practice, along with bringing you on deeply relaxing journeys through yin & restorative yoga. She will compliment these practices using reiki, an energetic healing modality, along with sound healing to create a comforting, profound & tranquil experience. Emerge from these transformative experiences feeling rejuvenated, balanced, and aligned as you nurture your body, mind & soul.

Hannah embraces yoga as a way of life, not only through asanas, but through her way of living, leading her to become a dedicated teacher & practitioner. Through her dedication to helping others connect with & heal themselves, Hannah uplifts those who cross her path.

A budding entrepreneur, Hannah is present to listen, to hold space & be there for you before, during & after the weekend ensuring your optimum comfort, feelings of safety, security & peace during this special weekend

### **Accommodation & Dining**

We will be hosted by the award-winning, Nevins Newfield Inn, who proudly assert themselves as the: “Home of Hospitality.” The hotel is set amid beautiful Irish nature overlooking the amazing islands of Clew Bay & Croagh Patrick, whilst the Great Western Greenway & the Nephin Mountains sit peacefully behind the premises. Nevins ensure to go above and beyond, regarding the standard of food & beverages they provide using only fresh & locally sourced produce.

Nevin’s has recently renovated, luxurious bedrooms that feature en suites, double & single beds, televisions with satellite channels, tea & coffee facilities, free WIFI internet access, hairdryers, iron, iron boards & complimentary toiletries. Their guest bedrooms have been designed for ultimate comfort and relaxation.

Nevins ensures to provide you a relaxing & revitalizing experience throughout your stay, making you feel at home every step of the way.

### **Bonus offers.**

- Discounted Massage Therapy with Specialist Pat Hoban.
- Bikes available to rent to cycle the Great Western Greenway.
- Visit the amazing Achill Island or town of Westport which is voted “Best Place to live in Ireland.”
- Discounted admission for Mulranny Park Inn’s gym, pool & sauna.
- Private Reiki or Sound Healing sessions with Hannah.

If you would like to extend your trip, either before or after the retreat, please reach out to avail of a discounted accommodation package at Nevins Newfield Inn.

For reservations and/or questions about the weekend, please email [HannahNevin@gmail.com](mailto:HannahNevin@gmail.com) or book through the above link.

We look forward to welcoming you on your journey to inner peace, where every moment promises to rejuvenate your body, mind, and spirit. Join us in County Mayo, Ireland for an unforgettable retreat experience filled with tranquility, connection, and self-discovery.