

# Opening the channel

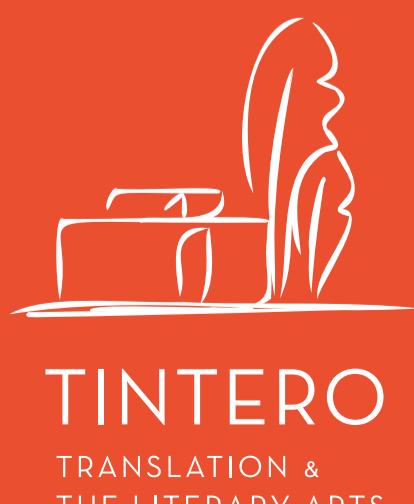
An Embodied  
Retreat for  
Literary  
Translators on  
Ireland's Wild  
Atlantic Way

Connect with  
Your Energy &  
Cultivate Your  
Creative Practice

→ From 700€



Cloghane, Co. Kerry · 14<sup>th</sup> - 18<sup>th</sup> march 2024



TINTERO  
TRANSLATION &  
THE LITERARY ARTS

Human  
Behaviour.  
Pilates, Kundalini yoga & meditation studio

more information  
[www.tintero.org/retreat](http://www.tintero.org/retreat)

# Opening the channel

An embodied retreat for literary  
translators on Ireland's wild atlantic way

Connect with your energy & cultivate  
a creative translation practice



Cloghane (Dingle Peninsula), Co. Kerry, Ireland

Thursday, March 14—Monday, March 18, 2024

**Co-hosts:** Literary translator Katie Whittemore of Tintero Translation & Literary Arts and Pilates and Kundalini yoga teacher Leyna Noel of Human Behaviour.

This restorative four-night retreat on Ireland's breathtaking Dingle Peninsula is for anyone who wants to **deepen their creative practice as literary translators**. It is open to literary translators of all levels, working in prose from any language into English.

# The Overview

**Open the channel to your creative energy!**



**On this retreat, we will:**

**Connect** with our physical and energetic bodies through Kundalini yoga and Pilates

**Ground** in the wild and rugged nature of the Irish countryside

**Gather** to give and receive inspired feedback on our translation work in peer workshop

**Channel** our energy into creative action we feel called to take (translate, write, read, imagine, plot, dream, walk, wander, rest ...) during free time

**Develop** our creative intuition through teachings and practical guidance on the role intuition plays in our translation practice and aligned career development

**Nourish**—I'm not convinced we need another line here—could we put the nourishing description under The Food? But I don't feel strongly so if you like it here, adelante!

# The embodiment practices

Kundalini Yoga and Pilates— [Leyna describes] activate your energetic flow; reset your nervous systems for calm and clarity; No previous yoga or meditation experience is necessary. Loose, comfortable clothing is recommended.



## The space

We will stay together in a five-bedroom house in the countryside, about 1 km from the village of Cloghane on beautiful Brandon Bay.

Amenities include a gorgeous conservatory where we will practice Kundalini and Pilates; an 8-person outdoor hot tub; cozy fireplace; and plenty comfortable seating for our workshops and group sessions.



## The food

We will enjoy daily meals of locally sourced and seasonal food and a night out at the local pubs. Manu/Leyna describe



# The investment

**675 €/person**

in shared bunk room with private bath

**800 €/person**

in shared room with a queen bed and single bed  
and private bath

**900 €/person**

in an individual king or queen bedroom with  
private bath (reduced price of 800 euro/person  
for a couple or two friends who will share a bed)



## Includes

- Four nights lodging
- All breakfasts, lunches, and dinners
- Daily facilitated translation workshop
- Daily Kundalini yoga
- Teachings on intuition and creative translation career development
- Group hike with local mountain guide
- Local transportation once on retreat
- Pilates

## Not included

- Participants are expected to purchase travel insurance for their protection in the event of retreat cancellation or any other incident while on retreat
- Airfare or other transportation to Ireland
- Transportation to arrive at the retreat house on Thursday the 14th and depart on Monday the 18th

# Getting to cloghane

The nearest airports to the Cloghane/Brandon area are Kerry (KIR) and Cork (CRK), both serving Ryanair, as well as Shannon International Airport (SNN). Car rentals are available at those airports and a good choice for those who plan to travel locally or in Ireland the days prior to or following the retreat weekend.

The retreat organizers can advise on airport transfer by chauffeur from Kerry, Cork, or Shannon, ideally combined with other retreat participants.



## Application, cancellation & payment info

Applications will be received on a rolling basis until the retreat fills. A nonrefundable deposit of 200 euro is due when you accept your spot in the retreat. We should receive your remaining payment by cash, check or bank transfer by March 1, 2024.

The minimum number of participants for the retreat to run is seven (7), with a maximum of nine (9).

If the retreat is not going to run, applicants will be notified no later February 12th and their deposit will be refunded. Deposits are otherwise non-refundable.

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