

# Yoga Retreat

Ballinskelligs, Co. Kerry - Ireland

August 22 - 24, 2025



Discover a unique corner brimming with the enchanting energy of Celtic culture. Experience ancient villages beautifully reconstructed, stroll along white sandy beaches, and gaze at dramatic cliffs—all while being enveloped by the powerful energy of the sea.

# Program

## Day 1: Friday, August 22nd

- 3:00 p.m. - 4:00 p.m. Arrival and room assignments
- 5:00 p.m. - Welcome ceremony and program overview
- 6:00 p.m. - Vegetarian/vegan, finger food and herbal tea
- 7:30 p.m. - Walk and visit to the healing well
- 9:00 p.m. - Relaxing breathing exercises and meditation by candlelight
- 10:30 p.m. - Retire to rooms

## Day 2: Saturday, August 23rd

- 7:30 a.m. - Meditation by the sea (weather permitting)
- 8:30 a.m. - Yoga class
- 10:00 a.m. - Energising breakfast
- 11:30 a.m. - 8 km cliffside hike along stunning trails
- 3:00 p.m. - Healthy lunch
- 5:00 p.m. - Deep relaxation session
- 7:00 p.m. - Dinner
- 8:30 p.m. - Lecture on maintaining a balanced nervous system
- 9:30 p.m. - Surprise activity

## Day 3: Sunday, August 24th

- 7:30 a.m. - Twin Heart Meditation
- 8:15 a.m. - Yoga class
- 9:30 a.m. - Healthy breakfast
- 11:00 a.m. - Visit to St. Finian's Bay
- 2:00 p.m. - Healthy lunch
- 3:00 p.m. - Retreat closing ceremony

## The Location

Ballinskelligs, located on the Iveragh Peninsula in County Kerry, Ireland, is a tranquil coastal village known for its breathtaking scenery and rich history. It boasts a beautiful Blue Flag beach with golden sands and clear waters, perfect for swimming and relaxing. The area is home to historical sites like Ballinskelligs Castle, a 16th-century tower built to protect the bay, and Ballinskelligs Abbey, a 12th-century monastic ruin with ties to Skellig Michael. Visitors can enjoy the scenic Skellig Ring drive, offering stunning views of the rugged coastline and the mystical Skellig Islands. Ballinskelligs is a haven for nature lovers, artists, and anyone seeking peaceful beauty in a remote, picturesque setting.

### Cost:

- 400€ shared room
  - 460€ single use room
- Price per person  
Limited spaces  
€50 deposit payment no refundable

### What is included:

- 2 vegan/vegetarian dinners
  - 2 vegan/vegetarian breakfast
  - 2 vegan/vegetarian lunch
- All meals are delicious vegetarian and vegan homemade meals locally sourced
- 2 nights accommodation
- All activities included in the program with daily yoga and meditation sessions

### What to bring:

- Rain and cold weather clothing
- Yoga mat
- Hiking shoes and spare shoes
- Swimwear and towel
- Blanket and cushion for meditation and relaxation
- Notebook and pen for journaling

## Bookings

Call, write or text:

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