



MARINE HOTEL

BALLYCASTLE

Yoga and Meditation retreat in Ballycastle – your coastal winter retreat.

Friday 31st January - Sunday 2nd February 2020

PROGRAMME



A heart opening, energising yoga weekend to nourish mind and body

Step on the mat, breathe, and rediscover your flow. This yoga weekend will suit every need and lifestyle. It offers an opportunity for meditation, physical exercise plus relaxation and set in a location with calming natural surroundings.

Yoga is an ancient practice that brings together mind and body. It incorporates breathing exercises, meditation and poses designed to encourage relaxation and reduce stress.

Our yoga programme is led by David & Bridgeen.

David is a 200 hr yoga alliance teacher, bringing 17 years of experience of the human body, and movement having worked as a swimming instructor and coach. David brings his outgoing personality and fun to each yoga class.

Bridgeen is on a mission to bring mindfulness, self-compassion and wellbeing to the general public in Northern Ireland. As well as having a Masters in Mindfulness (MSc) she has trained extensively with world renowned teachers like Thich Nhat Hanh, Rick Hanson and Kristen Neff in many different disciplines including yoga (& mindful movement), self-compassion, positive psychology and neuroscience. In her teaching Bridgeen's aim is always to create a space where participants feel safe and comfortable to explore and benefit from the many different practices available – and to have some fun!

WHAT TO EXPECT

DAY ONE | Friday 31st January 2020

3pm Check into your bedroom at the hotel

5pm Meet & Greet
Welcome and introduction get together to meet your instructors (Bridgeen & David) and meet the other people on the retreat.
Explanation of the programme and answer any questions. Relevant consultation forms completed. Collect your wet suit if pre booked.

5:30pm First Class
A focus on letting go of the pressures of daily life and settling into your body and breath, unraveling and releasing.

This session is a 75 minutes class of flow yoga and will include core muscles, breathing techniques, relaxation and meditation exercise. It's also a chance to familiarise yourself with the space and with your instructor David so the rest of the programme can be as helpful as possible to you.

7:45pm Pre-dinner drinks in Marconi's Bistro before a vegetarian dinner served at 8pm.

DAY TWO | Saturday 1st February 2020

7:45am

Outdoor morning mindfulness

Start the day in the fresh sea air with a mindfulness practice on the beach, clearing the mind and creating focus. Mindfulness is becoming increasingly recognised in the medical profession and beyond for its transformative powers. We will follow a Peter Kelder 'a secret on the young life and vitality' learning the 5 physical rituals. Afterwards a walk along the beach or swimming / walking in the sea (optional – wet suits pre book in advance).

9:00am

Breakfast in Marconi's

Start the day with delicious, nutritious and healthy breakfast ideas in Marconi's overlooking the Sea. Continental and cooked energy boosting options to choose from. (Pre order seafood dinner options if required)

11:00am

Energising Class

This session is a 90 minutes class of flow yoga and will include core muscles, breathing technique with a focus to open your heart (in yoga it means to love)

The class will re-cap key learnings from Friday evenings class and develop these into postures to lift heart and mind ready for the day ahead. Movement and breath will help increase strength and flexibility

1:00pm

Vegetarian Lunch in Marconi's Bistro

Free time

2-30-5:30pm

A walk for mindfulness.

Mindful walking is meditation while moving. This walk along the stunning Ballycastle coast will give you a chance to really savour the beautiful countryside, scenery and nature along this special part of Northern Ireland. The walk will move at a relaxed pace and pause here and there to take it all in. We will also stop for cup of tea from our flasks along the way.

7:15pm

Meet in Marconi's bar for pre-dinner drinks before our vegetarian or seafood dinner served at 7.30pm.

9:00pm

Deep Relaxation

Deep relaxation is a chance to stop, calm, rest and heal. A time to nourish your body mind and spirit and integrate all the activities of the day. A lying down practice that requires a blanket.

DAY THREE | Sunday 2nd February

7:45am

Outdoor morning mindfulness

Start the day in the fresh sea air with a mindfulness practice on the beach, clearing the mind and creating focus. We will follow a Peter Kelder 'a secret on the young life and vitality' learning the 5 physical rituals. Afterwards a walk along the beach or swimming / walking in the sea (optional – wet suits pre book in advance). You will discover helpful ways to connect to the moment and the natural environment so that stress and worry melt away. A useful practice to take home with you for when life gets busy!

9:15am

Breakfast in Marconi's

Free time

11:00am

Check out of your bedrooms

Free time

11:30am

Energising class

This session is a 90 minutes class of flow yoga and will include core muscles, breathing technique with a focus on keeping a routine . The class will re-cap key learnings and develop these into postures (with the potential to explore postures in pairs to develop greater strength and opening) whilst lifting heart and mind ready for the day ahead. Movement and breath will help increase strength and flexibility

1:15pm

Vegetarian Lunch in Marconi's Bistro and close



Booking information

Price per person is £295 based on 2 sharing a room. If you are travelling alone we can offer a twin share basis to share with another person of the same sex. Book before the 5 January and enjoy the early booking offer saving £40 – only £255 per person. A £50 deposit secures your place.

Live locally – you can attend all the classes, courses and meals for £135.
A £50 deposit secures your place.

If you would like to hire a wetsuit for the weekend this price is £10 per wet suit for the entire weekend. Please pre book the wet suit at least 14 days before arrival with hotel reception.

To make a booking please contact our team on **02820762222**
or email **reception@marinehotelballycastle.com** or by visiting
our website at **www.marinehotelballycastle.com/yoga**