

Teachers classes

Aine Brosnan:

1. Kundalini Yoga

Based on idea of developing yoga for prosperity and vitality. True beauty, true magnetism and true prosperity require vitality. This vitality creates calibre, drawing out your character, your virtues and your radiance. Through the powerful practice of kundalini yoga we will start to draw out this vitality, this radiance as you experience your own magnetic power.

2. Journey to the goddess Tailte

As it the Festival of Lughnasa I would love to offer a journey to the goddess Tailte who presides over the festival of lughnasa in this part of the world.

Bella Hancock

1. Sun and Moon in Love:

This class will be rooted in Tantra and Hatha practices. A flow between meditation and movement, rising and dropping like the tides of breath. Hopefully supported by ambient, healing music of Fergal O Connor, the practice will be a sensory exploration of Surya Namaskar, and a releasing into Yin through Pranayama and meditation. Tantra invites us to delight in where the opening occurs naturally..

Fergal is a gifted healer and musician. His songs and music have a deep yet light healing energy.

2. Womb Yoga- embracing Shakti!

Welcome to all women to come and enjoy this deep and delightful practice of Yoga, that honours the Feminine, listens to the needs of our bodies and our cycles. It is a complete and beautiful Sadhana, a spiritual practice that supports and nourishes all layers of our being.

At the heart of this practice is a deep awareness of Shakti, the primordial life force energy of the Great Mother of all. , and how this divine energy is manifested within each one of us, all part of the whole.

Rooted in Tantra and Hatha Yoga, Womb Yoga is a deep practice that brings us closer to ourselves. Many women describe the feeling, as coming home.- Fluid and flowing, nourishing and empowering Asana sequences

- Healing and energising Pranayama.

- Mudras: the Sacred gesture.

- Mantras and soulful chants . Devi Puja, Devi Mantra. a journey of devotion to Great Mother.

- Dance and movement practice to uncover the inherent delight in our own bodies... just be love.

- Wisdom teachings from the ancient tantric texts.

- Yoga Nidra and restorative poses for deep rest, surrender and transformation

3. Holding a Bhakti space,

a space of devotion to the universal mother of all through the Devi chants.

Opening the sacred space and performing Puja with attention and awareness can be incredibly healing , and elevates our energy. Come and join me for a delightful diving deep into the Divine Feminine . Open to all, men , women and young ones.

Betty O'Toole

1. Class 1; Dynamic Yen Yoga, using posture, breathing, movement often in pairs to practice Dharana; (concentration) in a static and dynamic way leading to Dhyana (let go, stability). It's a lot of fun and suitable for all abilities.
2. Class 2: Balancing through the Autonomous nervous system, deepen your yoga practice through a sequencing of exercises to reach optimum effect of Hara and Buddhi. Deeply relaxing and centering, Simple and suitable for everyone
3. pranyama ..the complete breath...O M chanting Japanese style and meditation

Brian McGinley

Laughter Yoga reminds us that anyone can choose to laugh, without relying on external stimulus or even a sense of humour. Laughter is invoked using games and exercises in a group, and with eye contact and childlike playfulness, it soon turns into hearty and contagious laughter. His facilitation approach blends fun, play and laughter in a safe space where one can explore their boundaries in a natural and playful way

2 Laughter Yoga Classes

Kids yoga class

Chani Wates

1. Intermediate / Advanced Vinyasa Flow Class -

This class is a flow class with a focus on movement synchronised with the breath. It starts with a centring, moves to a warm up phase, transitions to a dynamic phase that builds heat in the body, and then there will be some core work, twists, back bends and seated poses to cool down, ending with relaxation to integrate everything you have done and rest the body. This class is a physical class and includes some advanced versions of poses that are optional.

2. Intermediate Vinyasa Flow Class -

This class is a flow class with a focus on movement synchronised with the breath. It starts with a centring, moves to a warm up phase that includes somatic movements. It transitions to a dynamic phase that builds heat in the body, and then there will be some core work, twists, back bends and seated poses to cool down. Gentle mindful somatic movements end the class followed by a relaxation to integrate everything

you have done and rest the body. This class would suit anybody who has some prior experience of yoga

Charlie Stevens

1. Zen Meditation 'Nothing special'
The meaning of Zen, some Zen stories and practice together
2. 'Love, Wealth, Yoga'
The relationship between these three using the powerful method of constellations and I will offer an interesting Chinese view of love and wealth
3. 'Form and Freedom'
the continuing story of the Yoga Sutra . A look at Chapter two and it's relevance to 21st Century life

Christine McNally

1. 2 Ashtanga Yoga Primary Series Led Classes
2. talk on The 8 Limbs of Ashtanga Yoga

Clair Lalor

1. a gentle yoga class exploring early developmental moves learned in embryo and as we begin to move and organize our movements as infants. Taking 2 moves we will see how they operate in asana
2. Hatha class concentrating on awareness, stillness and silence in Asana Meditation and Being in Now
3. Yoga Nidra with Om

Claire Osborne

1. Yoga nidra and restorative yoga focusing on the Nadis (energy channels) with live Cello music (2 hours) played by Lea Miklody. Deep nourishing rest and healing. We will start and end the session with yoga nidras, and between there will be time to open and release through restorative yoga (deep stretches, held for long periods and made comfortable by the use of props such as cushions and bolster.) All levels welcome.
2. Hatha yoga and meditation. introduction to the chakra system through Asana, mudra, chanting and nidra. We will go through a classic asana sequence, followed by mudras and the bija mantras and end with a chakra focused meditation. Not suitable for complete beginners.
3. Experiential talk/discussion. What are the Koshas? How they can help you to get

to know yourself better.

Corina Fisher

1. Moonlight yoga outside 45mins around the fire after the silent poi.
2. Mantra ,Tratak, Yantra one hour.
3. Thai yoga massage 1and a half hr for feet/legs -arms head.
4. In supporting the Art of seeing with movement supporting corina Thornton
5. 108 chants with Atmo

Corina Thornton

Art of Observation and Movement workshop. - This hour long workshop begins with the art of Observation with artist Corina Thornton. This meditation on nature expands your ability to see more colour, increasing your awareness of the tones and textures of natural objects. Leading through light, shadow, colours and textures to an empathic awareness of seemingly inanimate objects from nature, and their journey into the shared present moment, continuing through into free movement guided by Corinna Fisher and Corina Thornton. This short workshop is created to bring participants into an expanded awareness of the connection of all things and deeper BE-ing in the present expanded moment.

Ellie La Trombe Bateman

1. Yin Yoga: Individualization Crystallization. A deep meditative practice taking long stretches working yin tissues of the physical body, clearing blockages of the etheric, emotional and mental body to be left wholly You – free from others stuff you carry along with you.
2. Alchemy Yoga: yang energising class, but with an esoteric twist, and a final goal of molten gold.
3. Living in your Power - Esoteric Meditation. Living our lives as our Soul desires for most of us takes (a) lifetime(s) to do. And in doing so we are living our Purpose and Service to the world. Standing in our Power is essential to this process. Using esoteric meditation this talk/workshop seeks to help you connect to that place of power and take it home into your everyday life.

Fiona Ashley

1. AcroYoga Class

Acroyoga combines the wisdom of Yoga, the dynamic power of Partner Acrobatics and the loving-kindness of Thai massage, to form a truly joyous practice that can get quite addictive! Working in pairs or small groups, you will learn some of the classic Acroyoga postures – some therapeutic, others more playful and dynamic. Everyone will learn the

three roles of base, flyer, and spotter, cultivating trust and connection as we work together. And it's FUN! Close-fitting clothing is best for Acroyoga – you will be going upside-down! Open to all – no previous experience required. For those who already know some Acroyoga, there will be time to explore deeper and work on transitions.

1. Silent Walking meditation on land

Helen Bohan

1. Open Floor Movement Class

Since the beginning of time human beings have gathered to dance. Mindful movement is surging all over the planet because it's good for us. People who dance regularly have keener minds, greater emotional intelligence, and a calmer presence. Connection, compassion, and communities grow. In this challenging world, common sense tells us to spend time dancing.

The ripple effect is inescapable. One dance can change someone's day, one act of kindness can inspire a whole community. Students often leave a session able to bring a more generous presence out into the world. We dedicate our work to the common good, to the benefit of all beings.

This is what we cultivate on the Open Floor.

Open Floor Movement Practice is a lively, sweaty, full-on dance inquiry:

- How can we move and include it all – feelings, other people, thoughts, wild passions, limitations?
- Can we use movement to soften the tight spots in our tender hearts and stretch our capacity for relationship?
- What happens if we turn old repetitive thoughts into choreography for creative dances?

2. Early morning Open floor movement class

Irene Dunne

1. Intermediate vinyasa class that emphasises mainly on the breath and our energy/chi within each pose. I feel we need to take ourselves a little less seriously and to help us achieve that we connect to our heart centre. In my yoga class I focus on our life force/energy/chi and interpret that throughout the body within each pose.

Just like every day challenges, asanas also bring up it's challenges. Our breath is our tool to help us release the pressure of these challenges, our body is our physical form where these challenges can physically manifest and our mind and spirit control our energy force which can radically bring us to a place of power and strength. Connecting to all these aspects brings us into the present moment and overcoming such challenging poses to the best of our ability can feel exhilarating.

If you wish to be more adaptable, comfortable, less fearful, powerful, peaceful, aware, safe or connected in your being, I am ready to guide you

Irene McCarthy Sheehy
Iyengar yoga

1. General iyengar class with emphasis on standing poses
2. General iyengar class with back bending poses.

Iyengar Yoga is a classical style Yoga based on the teachings of B.K.S.Iyengar, one of the foremost yoga teachers of his time.

It was Mr. Iyengar's belief that to gain most benefit from the practice of yoga a person needs to be fully aware of their physical body first. In a Iyengar yoga class, the teacher would teach various Asanas (poses). Correct alignment is very important as this prevents injury and allows free movement of energy through the body. By skilfully using props such as chairs, blocks and belts the teacher would assist the student to achieve a better pose. The use of props makes Iyengar Yoga accessible to everyone of any age or fitness. Each class ends a period of deep relaxation. Over time the practice of Pranayama (breath control) is introduced and the practice goes beyond the physical, becoming a meditation in motion that illuminates the unconscious areas of the body and mind with the light of awareness

Kate Finn

1. Dynamic Vinyasa Flow"

This class will be a mixture of creative flows, working with strength and building a bit of heat in the body. Will include arm balances, inversions, and lots of fun ways to explore the body... lively energetic practice!

2. Yin practice... Seasonal balance for summer, the element is Fire, the emotion Joy... all corresponding to our Heart. Working with these elements and also controlling the cycle with more passive Water elements, the season being Winter and the emotion Fear. A practice for balance and self inquiry.... " This being human is a guest house, Every morning a new arrival....." Jellaludin Rumi

3. The Dalai Lama Meditation. The basis of this technique is the understanding that we all have two sides to our personality, a negative side and a positive side. The negative side is intrinsically connected to ego, whereas the positive side is more aligned with our true nature.

Guiding people through imagining what they look like for example when they are impatient, in their minds eye and also to others. Then when they are very patient. It's a really beautiful practice...

And then a guided mediation into silence by connecting to the universal collective consciousness, tuning into the here and now, fields within fields.

Maeve Murphy:

Salute to the Sun

A strong Hatha Flow class focusing creating strength and awareness. Expect limbering to awake the peripheries of the body, leading to creating a steady flow and rhythm through sun salutations to creating and maintaining strength in postures. Expect to walk out of the class with a smile to greet the day.

Mariananda Exeley

I learned to live as part of a spiritual family under the direct loving guidance of gurudeva in his spiritual training centre~ and karma yoga is their way of life ~ as it is the path of selfless service giving the fruits of all one's actions to the infinite as the doer, whereby the devotee becomes free of ego and experiences god. the focus of their work is teaching the pure meditation which includes the highest yogas (raja and kriya yoga). i have learned to "let go let god" much more, to see everything as part of the whole in the learning path that is life ~and to realise the power of unconditional love, which is the highest vibration on our planet

1. Talk: "living karma yoga" – including experience of working worldwide in ashram yoga centres – and teach some take-home techniques for mindful living.

2. Hatha yoga class with relaxation

Taught from an ashram-style background, transformation hatha yoga has as its essence a system of techniques and asanas (poses) that promote health and mental calm helping pave the way to realization. Suitable for all ages and levels of ability

3. Meditations with relaxation and visualisation.

Mark Townson

Congo Drums

Intro to a brief history of the Conga drum, and a demonstration of the complex form of the Guaguanco.

15 mins basic ways to sound (hit) the drum and warm up.

15 mins Singing the two main parts after learning the really basic template that will give all hand movements on the drum and establish who is more comfortable with which rhythm.

20 mins Working separately with the two different groups (high and low drum), we will transfer the singing and the basic hand movement template to playing the two rhythms together.

15 mins To work on the established rhythm, embellish and add variations for those who can, and add one call and response stop and start.

10 mins To play a complete 'performance'; start with the call, play the rhythm, add variations/ solos, stop with the call, repeat and stop with the call.

Pam Skinner:

1. Tai Chi

Harmony of yin and yang through gentle, graceful, rhythmic, meditative movements that will empower you and help you find inner joy, harmony, peace and calm. Learning to hold the chi through Chi Kung warm up, learning alignment through the key Acupressure Points, followed by Tai Chi Practice.

2. Class in Chi Yoga The Art and Science of living.

How to raise our vitality, strengthen our nervous systems and cultivate free flow of energy through our chakras and meridians. Golden Sun, Meridian Stretching and Goddess Chi Yoga Forms

3 .yogi child classes

Pam's classes will introduce you to her Chi Yoga - a soft, flowing combination of Chi Kung & Yoga in harmony with the Seasons. Pam's session will comprise of Meridian Stretching & Tracing Chi Yoga flows, adapted to stimulate acupuncture points as well as the energy channels, or meridians. This skillful practice activates the body's natural ability to heal itself: releasing blocked energy, cleansing the body of toxins and strengthening the practitioner's physical and energetic systems. The benefits of tuning into and flowing with the season while practicing Yoga can greatly enhance and balance your health and well-being on many levels.

Paloa Vais

1. Mindfulness/Insight meditation

After a very brief introduction to clarify what Mindfulness, Meditation and 'Mindfulness meditation' are I will guide a 20 minute practice, followed by a few minutes of sharing, and then another 40 minutes of practice with some guidance but mostly silent. Sharing at the end or question and answers.

2. Metta (Loving Kindness) practice - 20 minutes of practice, then sharing about the practice just done, another 20 minute followed by a short talk on the importance of Metta practice in today world and how both Mindfulness and Loving Kindness can support environmental/peace activism - with reference to Joanna Macy's 'The Work that Reconnects'

Paul Cullen

Barefoot Free Dance

This is a place where you can be your authentic self, be playful, move deeply, roll around, free your mind, unravel, or be still...

Earthdance is a space for you to use as you wish. The dance can be a meditation, time to yourself or a place to connect. A place to be crazy, wild and free or to be quiet and still. Everything is welcome once it is brought to the dance. There is a brief body meditation but its up to you to dance for your own intention. For example this can be, letting go of stress and tension, to bring more abundance into you life or to get clarity on a question that you need answers to.

The music lasts for 2 hours, starts slow, builds to a crescendo and returns to a place of stillness. The music is a blend of world music, reggae, break beat, tribal and more.

There is nothing to get right or wrong, no steps to learn, just give your mind a rest, feel the music and just let the music take you.

Paul Curtin

Tibetan Bowl meditation

In this meditation you will be invited to lie down or sit, if preferred, as your whole being is saturated by the sounds of the singing bowls. It is suggested you bring something to lie on like a yoga mat and a light blanket as a cover. This is a healing meditation so be prepared to let go of what does not still serve you. The meditation will take approximately one hour. Just be and enjoy!

Sigrid Berndt

2 classes in Awareness through Movement Feldenkrais Method

Feldenkrais Method®, for me is like opening up to another dimension of movement. It seems to be all about becoming aware of how you move, and learning about the choices you have of how to act in a situation.

Yogi Cho

Yogi Cho is dedicated to the physical, emotional, mental, energetic and spiritual growth of all the beings of planet earth! His inspiration and vision is to share these Arts and Sciences for Living, which are designed for the evolution of the mind, body and spirit of teacher and student, for all ages and needs, in a fun and joyous way.

1. Chi Kung - 12 Directional and Energizing Exercises

Spectacular Universal Energy Arts Academy Session including Tai Chi, Chi Kung (QiGong)

2. Sound Healing Meditation

(18 Healing Sounds Qigong, Japa Chanting, Kriya Yoga and Meditation)

There are many styles of both Yoga and Tai Chi, the aim of both is to return to the source of ALL that IS; Oneness, Tai Chi, Yoga, Union with the Universal Energy and Universal Consciousness.

3. Talk on Universal Energy and the 8 Limbs of Yoga

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4. Yogi child /kids yoga classes in Kids area.