

Yoga Retreat

with Anne-Marie McGlinchey

Day 1

4.00 pm

Check-in time is 4 pm, arrive at your leisure check-in to Harvey's Point.

6.00 pm

Meet and Greet with Anne-Marie in 'Lough Eske Lounge' in the Main Hotel

6.30 pm

Dinner served in our Lakeside Restaurant

9.00 pm - Garden Suite

An introduction to the Retreat with a short relaxation session to unwind and prepare for a good night's sleep.



Yoga Retreat

with Anne-Marie McGlinchey

Day 2

8.30 – 9.30 am - Garden Suite

Wake up to a new day with gentle yoga stretches

9.30 am Breakfast is served in our Lakeside Restaurant

11 – 1 pm - Garden Suite

“The Power of Letting Go”. Simple yoga practices help us to be present in the now and allow us to experience Inner Peace.

1 pm Lunch is served in our Lakeside Restaurant

2 – 3 pm - Garden Suite

Personal reflective time to walk in nature

3 – 5 pm - Garden Suite

The significance and importance of the ancient philosophy of yoga in our lives today and the practical ways in which we can apply this philosophy to help us move forward from recent circumstances that have shaken our core foundation.

6.30 pm Dinner served in our Lakeside Restaurant



Yoga Retreat

with Anne-Marie McGlinchey

Day 3

8.30 – 9.30 am - Garden Suite

Wake up to a new day with gentle yoga stretches

9.30 am Breakfast is served in our Lakeside Restaurant

11 – 12.30 pm - Garden Suite

Exploring Energy (Breath Work) – The various ways in which we waste our energy and how it impacts on every level of our Being. The power of breath in restoring and renewing our energy and vitality.

We bid you a safe journey home and look forward to welcoming you back again soon!

