

“Life is not measured by the number of
breaths we take, but by the moments
that take our breath away.”

Maya Angelou



NURTURE --- & NOURISH ---

YOGA:FOOD:NATURE

THE ELBOWROOM ESCAPE
WICKLOW, IRELAND

RETREAT SCHEDULE



DAY 01

- 4 PM HEALTHY WELCOME REFRESHMENT
- 5 PM MEET & GREET
- 5.30 PM AYURVEDA TALK & RESTORATIVE YOGA
- 7 PM NOURISHING DINNER
- 9 PM YOGA NIDRA WITH CELLO

DAY 02

- 7.30 AM MASALA CHAI / ORGANIC COFFEE
- 7.45 AM MEDITATION & BREATH WORK
- 8.30 AM YOGI BREAKFAST
- 9 AM DYNAMIC YOGA
- 11 AM BOUNTIFUL BRUNCH
- 12.30 PM HILL WALKING / FREE TIME
- 3.30 PM PLANT-BASED TALK & AFTERNOON TEA
- 4.30 PM AYURVEDA TALK & RESTORATIVE YOGA
- 6 PM HOT TUB ON FOR PRE/POST DINNER SOAK
- 7 PM NOURISHING DINNER
- 9 PM YOGA NIDRA WITH CELLO

DAY 03

- 7.30 AM MASALA CHAI / ORGANIC COFFEE
- 7.45 AM MEDITATION & BREATH WORK
- 8.30 AM YOGI BREAKFAST
- 9 AM DYNAMIC YOGA
- 11 AM BOUNTIFUL BRUNCH
- 1 PM FAREWELL