

# Yoga Retreat

## HEIR ISLAND



Join us for a weekend Yoga retreat on Heir Island, hosted by 2 teachers with a range of experience between them. Treat yourself to a relaxing break from everyday life, slow down to the island's pace and enjoy a weekend of yoga, wild swimming, walks, relaxation and fireside chats

15 - 17 MAY 2020

### WHERE:

Heir Island, West Cork

Meet 4pm Friday 15th May on Cunnamore Pier to get the ferry over to the island  
Return on 1pm ferry Sunday 17th May

### WHAT:

A weekend retreat, hosted by Caroline and Tanyth, with a mix of yoga, walking, wild swims and free time at your leisure to relax and unwind

### COST:

£420 pp (£20 extra for single room occupancy, limited availability)  
Please note that the retreat space is limited to 12 people

### COST INCLUDES:

- Return shuttle to and from Cork Airport
  - Return ferry
  - All yoga classes and workshops, including use of mats, blocks and straps
  - Accommodation for the weekend at Roaringwater Lodge
  - All meals
  - Teas / Coffees / Refreshments
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## ABOUT THE RETREAT

Heir Island (occasionally spelt Hare too, on Google Maps) is a small island off the coast of West Cork, about 1.5 hours from Cork city. You access the island by ferry, the journey is about 5 minutes and departs from Cunnamore Pier. The nearest big town is Skibbereen.



The island is beautiful and unspoilt, with a few houses and small businesses. From the moment you set foot on it, you get a sense of a slower, simpler pace of life – and it is this feeling that we try to harness during our retreats. The fact that you can only get there by boat creates a real sense of escape, from the mainland and from life and its stresses.

Our yoga retreats are based in the Vinyasa Flow style, and offer a well rounded yoga experience comprising meditation, pranayama (breathing exercises), vinyasa flow classes, workshop style sessions and restorative practice.





## ABOUT THE RETREAT

In addition to this, we like to take participants on walks around the island, and wild (cold water!) swims off the beaches. We also like to include free time for you to spend however you wish – exploring, reading, meditating, chatting to others or even sleeping! We encourage participants to 'make the weekend your own', by participating in as many or as few of the sessions on offer as you wish. Absolutely everything on offer is optional and we reiterate this during the weekend. We recognise that people come on retreats for a large variety of reasons, and looking for different experiences. We want you to leave feeling nourished, rested and relaxed – and leave it to you to decide exactly which parts of the weekend will produce the best results for you at the time.



Having said that, we do like to focus primarily on the yoga. Our retreats are open to all ages and all levels. The fact that there are two teachers co-hosting means that while one of us is instructing, the other can keep a close eye on everyone and offer individualised advice, modifications and adjustments. Our workshop sessions are also designed to allow plenty of time for questions and personal critiques – allowing each participant to progress at their own level and feel challenged and supported. As mentioned below, Caroline is also a physiotherapist, so if you have any injuries or pain, or any concerns at all, she is available to discuss these and advise you.





## LOGISTICS FOR RETREAT 15-17 MAY

This retreat officially starts with us meeting on **Cunnamore Pier** in West Cork at **16:00 on Friday 15th May**. We are more than happy for participants to find their own way to the pier in time for the 4pm ferry if their retreat is part of a larger trip in Ireland. However we have included transport to and from the airport for people who plan to fly in from London just for the weekend.

We have identified **3 possible flights from London to Cork on Friday 15th May** which will be most suitable:

1. Aer Lingus, Depart Heathrow 9:30am, Land Cork 10:55am
2. Ryanair, Depart Gatwick 12:25, Land Cork 13:50pm
3. Ryanair, Depart Stansted 8:20am, Land Cork 9:45am

We are providing a shuttle bus to collect people from Cork airport at 14:30pm and transport them to West Cork in time for the ferry.

### **Return Journey Sunday 17th May**

We will all be getting the 13:00 ferry from the island back to Cunnamore Pier, and the shuttle bus will be waiting to transport people back to the airport, arriving at approx. 14:45.

This will give people enough time to catch the following flights back to London:

1. Aer Lingus, Depart Cork 16:00, Land Heathrow 17:25pm
2. Ryanair, Depart Cork 18:40pm, Land Stansted 20:10pm





## WEEKEND OUTLINE

### FRI 15th:

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- 16:00 Meet at pier
- 16:15 - 17:00 Drop bags, meet and greet and settle in
- 17:00 - 18:15 Meet at yoga shala for weekend intro + 60 minute flow
- 18:15 - 19:00 Walking tour of the island
- 19:15 - 20:15 Dinner
- 20:30 - 21:00 Evening meditation

### SAT 16th:

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- 8:00 - 9:30 Morning meditation, pranayama and 60 min flow class
- 9:30 - 10:30 Breakfast
- 10:30 - 11:30 Walk to beach, Wild swim [optional]
- 12:00 - 13:30 Yoga workshop
- 13:30 - 14:30 Lunch
- Free time
- 17:30 - 18:30 Restorative session
- 19:00 - 20:00 Dinner
- 20:00 - 20:30 Evening meditation

### SUN 17th:

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- 7:30 - 8:00 Morning meditation and pranayama
- 8:00 - 9:00 Breakfast
- 9:30 - 11:00 Morning Vinyasa Flow Class
- 11:00 - 12:30 Guided Wild Swim or beach visit / Island Walk / Free time at your leisure
- 12:30 Pack bags and walk to pier. (delicious packed lunches will be prepared for the journey)
- 13:00 Ferry back to mainland to meet transport back to Cork airport for 14:45





## ABOUT US



Caroline Cumming and Tanyth Withers both grew up in South Africa and have been friends since High School. Their paths parted after University - Caroline found her way to West Cork and Tanyth ended up in London.

Somehow both of the friends' journeys lead them to yoga, and to each completing a Yoga Teacher Training in India, Caroline in 2009 and Tanyth in 2017.

They have recently decided to use their 13 years of combined teaching experience and 25 years of friendship to collaborate in co-hosting Yoga Retreats together.

Caroline is also a Chartered Physiotherapist specialising in musculoskeletal disorders, so she brings this background in to her teaching with a strong focus on anatomical alignment and modifications for anyone with injuries or pain. As such, the retreats are open to all levels and all ages, and everyone will be accommodated.

Both friends bring a mix of humour and passion to their classes with an honest and straightforward method to teaching while focusing on inclusivity.

For any further queries please feel free to contact either one of us on:

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