

## Yoga Weekend 20<sup>th</sup> - 22<sup>nd</sup> September The Green Holiday Cottages Kilkeel

### Friday

**Arrival** is from 3pm on Friday, when you will be welcomed by your hosts Jenny, Wendy and Bruce. You will be shown to your beautiful accommodation, and have time to unpack, relax, and take in the wonderful surroundings at The Green Holiday Cottages.

There will be five Yoga practices during the weekend. Each practice will be related to one of the five elements, earth, water, fire, air and space, which Yoga views as being integral to all of life, ourselves and the world around us. The environment itself lends itself very well to this. You will have the opportunity to both experience the effects of the elements through your Yoga, as well as fully immersing yourself in their physical forms in the surroundings of The Green Holiday Cottages.

Friday evening will be spent chatting over a delicious meal, followed by a restful, grounding practice. The theme of the class will be the first of the five elements; Earth, connecting with the supporting, nourishing qualities of our surroundings.

### Saturday

Saturday morning Yoga will start at 10am. Sure have a nice lie in, move slowly, none of the usual routine of up and out to work. In your Yoga on Saturday morning we will be exploring water. Taking advantage of the river that flows through the Green. This will be a flowing practice, just like the river. And maybe go for a paddle or swim if you are up for it. *Lunch will be from 12 -2.*

Saturday afternoon Yoga session 2 pm - 4pm will be around the element of Fire. This practice, will reignite the inner fires, vigour for life, brighten the eyes, and mind.

5pm will be a communal pizza making using the outdoor pizza ovens. Something different, especially if you have never tried it before.

7pm to continue with the fire element, weather permitting we will light the fire pit and chill.

There's nothing more therapeutic than staring into the heart of a fire. watching the flames dance, feeling the heat, and absorbing it's wonderful qualities.

### Sunday

On Sunday morning, we will start a little earlier at 9.30am. In this Yoga session we will be using the qualities of the fourth element air. The energising, receiving, strengthening and relaxing qualities. And of course getting out in the fresh clear, fragrant air that the The Green offers.

*Lunch will be from 12 - 1pm.*

Then the final Yoga session will be Space. A chance to tap into your own innate freedom and clarity, both within yourself and in the space that is so tangible around the Mourne mountains.

3pm close of weekend. Leave with a few new skills and perhaps a little wisdom on how you can use everything that is already within you and all that nature freely offers you to maintain, support and keep you connected to a sense of balance, and approach the world around you in a steady and relaxed way.

We look forward to offering you this amazing weekend and can't wait to welcome you.

Jenny, Wendy and Bruce.



Earth



Water



Fire



Air



Space