

Ashtanga Yoga Retreat with Ríonach O'Flynn



Cliffs of Moher Retreat Centre, March 28th-30th, 2014

Cost: €335 (full board & all yoga)

Bookings: info@greystonesyoga.ie or 086 8542741

THE WEEKEND will include morning Ashtanga Yoga classes (self-practise and led) as well as afternoon workshops, fabulous vegetarian food and high-spec, shared, en-suite accommodation in the stunning surroundings of the Cliffs of Moher Retreat Centre, Liscannor, County Clare.

At this lovely venue, three 19th century farmhouses have been renovated in keeping with tradition, integrating modern comforts like underfloor heating, beautifully decorated bedrooms and a wonderful dining hall. The food on offer is one of the highlights of a stay here – contemporary vegetarian

cuisine that's creative, healthy and where possible, organic and locally sourced.

Fantastic views across the Atlantic Ocean make the centre the perfect place to get away from it all in body and mind. Optional activities available locally include surfing, hiking, trips to the Burren, cycling and rock-climbing. The new Cliffs of Moher Walk is a safe and marked 12 km cliff top walk which takes in the stunning panorama of the cliffs, starting in Doolin, cutting through the Cliffs of Moher Visitor Centre and finishing just behind the Retreat Centre.



Ríonach is a certified (500hr) Yoga Alliance Teacher who has studied with many leading Ashtanga teachers worldwide and regularly travels to continue her yoga studies. As a teacher of Ashtanga, she encourages students to develop a practise with respect for their unique body and stage of life, helping them discover the life-long benefits of this powerful and transformative system.



www.greystonesyoga.ie