

Restorative Yoga & Wellness Retreat

Nourish mind, body & soul with Karin O'Shea

Sunday, May 18th – Tuesday, May 20th

Parknasilla Resort & Spa

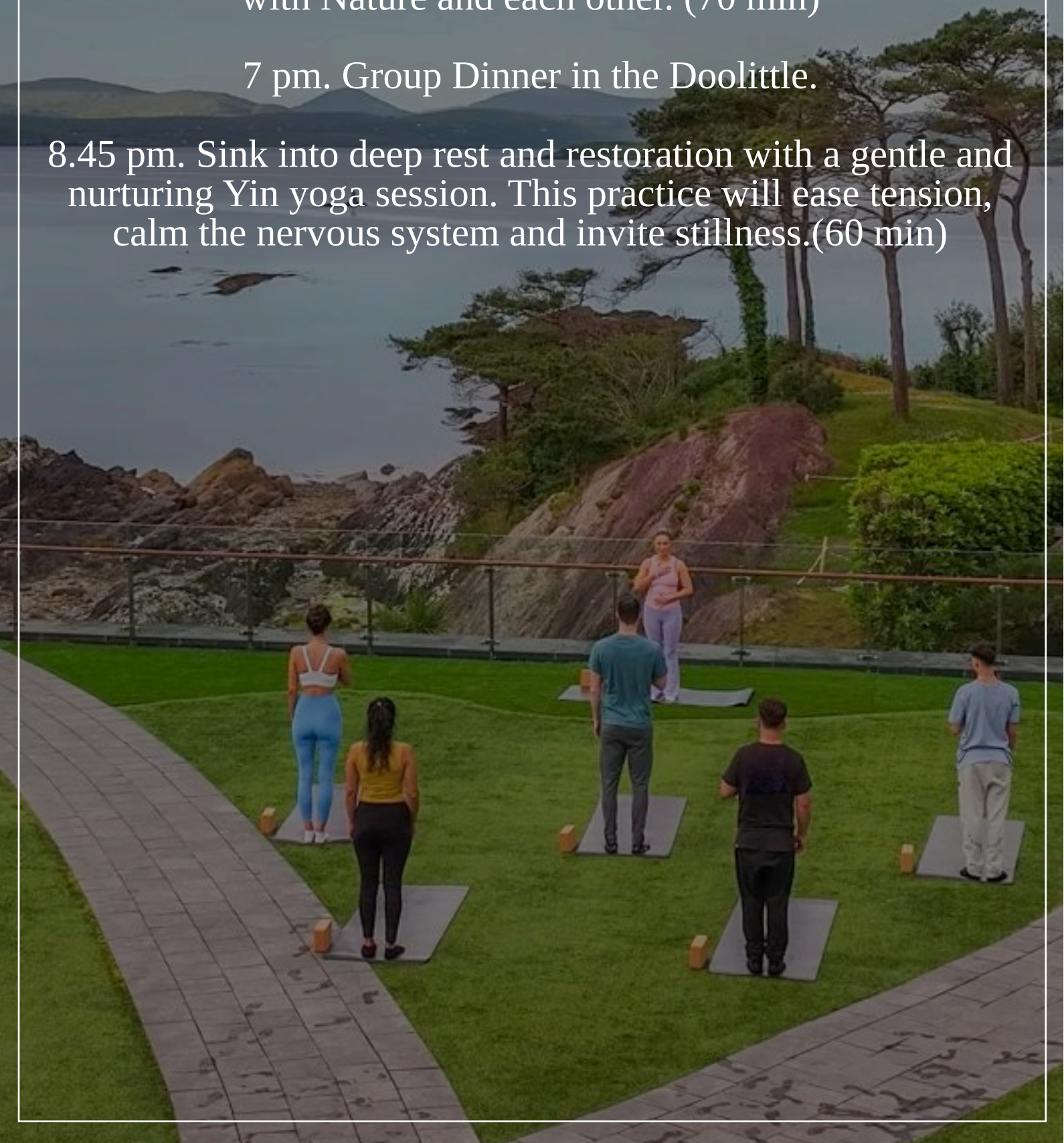
Sunday 18th May

Arrive at your leisure and enjoy the beautiful surroundings.
Check in to your room will be available from 3 pm.

4.30 pm. Coastal Wellbeing walk guided by Karin to connect with Nature and each other. (70 min)

7 pm. Group Dinner in the Doolittle.

8.45 pm. Sink into deep rest and restoration with a gentle and nurturing Yin yoga session. This practice will ease tension, calm the nervous system and invite stillness.(60 min)



Monday 19th May

8.00 am - Energizing Morning Yoga flow. Journalling at end of class to cultivate a sense of inner awareness & exploration. (90 min)

Breakfast in the Pygmalion Restaurant afterwards.

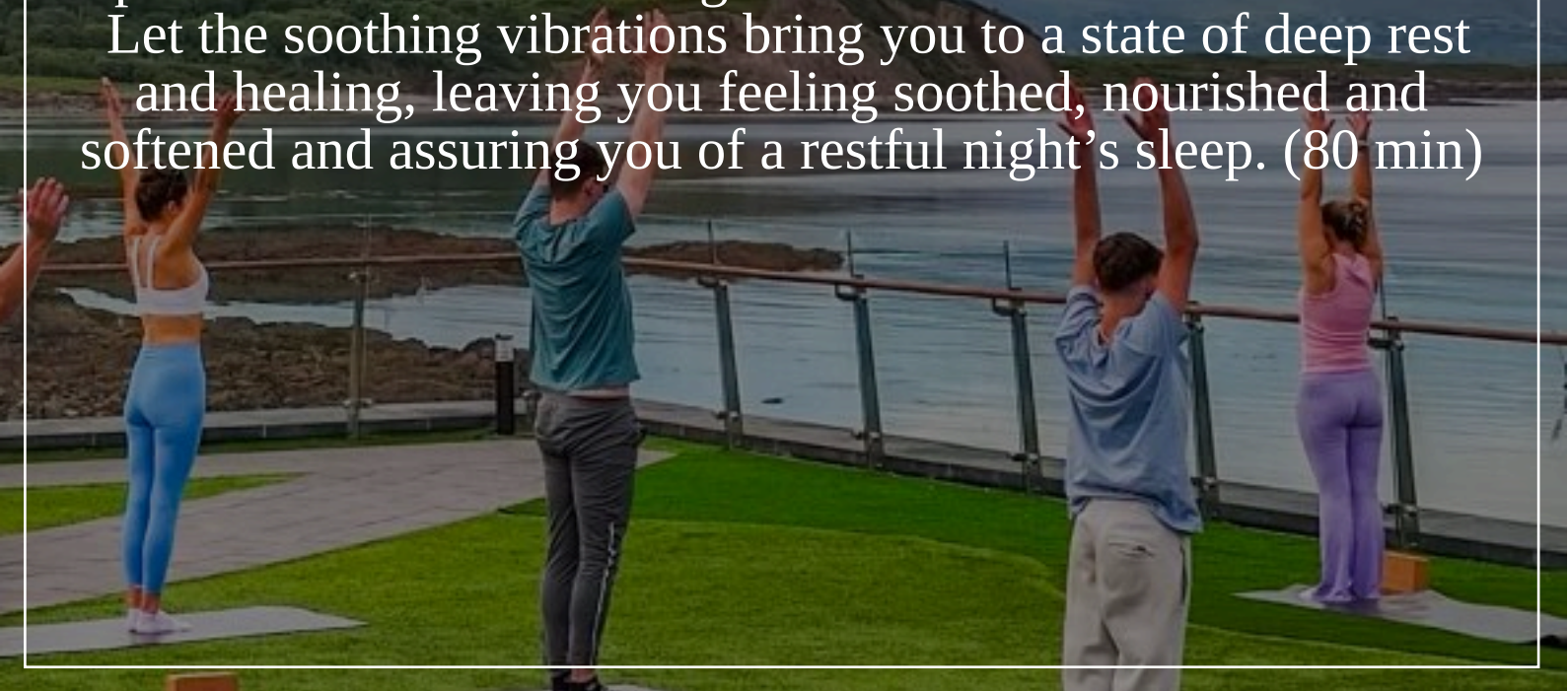
11.30 am - Guided Meditation and Breathwork Session. As Bealtaine ushers in the season of Renewal, let this meditation awaken fresh energy, clarity & connection within you. (90 min)

1 pm – 2 pm. Lunch at your leisure in the Doolittle Lounge

Free time to rest, reflect or immerse yourself in nature that abounds here, pre-book a Sothys Spa Treatment, take time to absorb the views of Kenmare Bay from the warm waters of the Infinity Pool or explore one of the several coastal walking trails at your own pace.

6.30 pm - Nourish & replenish and savour a dinner in the Pygmalion Restaurant.

9 pm - Sound Baths Healing Session with Claudia Grodotski. Let the soothing vibrations bring you to a state of deep rest and healing, leaving you feeling soothed, nourished and softened and assuring you of a restful night's sleep. (80 min)



Tuesday 20th May

8 am - Beginning with a dynamic Vinyasa flow to awaken the body. Gently transitioning into Yin yoga, holding deep stretches to release tension. (60 min)

Breakfast in the Pygmalion Restaurant

10.30 am - Closing session, grounding yoga flow embracing a sense of balance and rejuvenation. Closing with a reflective Savasana meditation, inviting you to take with you a renewed sense of clarity and nourishment. Take the retreat's energy and clarity into the season ahead.

