

# Clare Island Retreat Centre

Clare Island lies off the west coast of Ireland at the entrance to Clew Bay, near Westport. The centre is located on a 240 acre farm, with its own gardens, polytunnels and native woodland. The farm is home to a small herd of horses, mostly Connemara ponies.

Accommodation is in shared twins or double rooms in a renovated and extended traditional island cottage located on a quiet part of the island. The dining room and the 55 m<sup>2</sup> yoga studio are in a modern timber building nearby. There are solar panels for heating the water, wood burning stoves for space heating and plenty of natural light. All rooms have spectacular sea and mountain views. The food is vegetarian, delicious, and meals use only organic ingredients, mostly from our own gardens, orchards and polytunnels. Drinking water comes from a private spring. A selection of organic fruit and teas is available at all times. There are reduced rates on some courses if you camp or help us with the running of the centre.



## Schedule of residential retreats and workshops for 2012

<i>Dates</i>	<i>Retreat / workshop</i>	<i>Price</i>
16th -19th March	Yoga and vegetarian cooking	350 euros
6th - 9th April	Easter yoga retreat, for all levels	350 euros
9th - 12th April	Open house (minimum stay 3 days)	90 euros / day
4th - 7th May	Bank holiday yoga retreat, for all levels	350 euros
8th - 30th May	Open house (minimum stay 3 days)	90 euros / day
1st - 4th June	Yoga and vegetarian cooking	350 euros
5th - 19th June	Open house (minimum stay 3 days)	90 euros / day
20th -24th June	The path of horsemanship with Vanessa Bee and Christophe	480 euros
14th - 22nd July	Summer yoga intensive for experienced practitioners	POA
3rd - 6th August	August bank holiday yoga retreat, for all levels	350 euros
8th - 12th August	General level workshop with Venkatesh and Hema	520 euros
13th - 19th August	Advanced workshop with Venkatesh and Hema from Mysore	740 euros
21st -25th August	Deepening your practice with Ciara, for all levels	450 euros
26th August - 1st Sep.	Building a yoga practice: intensive for beginners	POA

Prices include full board accommodation and tuition. Discounts available for camping or Karma yoga.

For more information, phone 087.2504845 / 087.2621832  
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