lí na Bandé Residential Study program

In relation to the February Kundalini workshop, we, Anna, Carol, Tracey, Tara and Marlene offer to 8 people the opportunity to participate in the creation of a core group of practitioners, to meet on regular residential weekends in Slí na Bandé, in order to work together toward the following objectives:

Practice of Yoga—Study of Yogic philosophy— Address of personal beliefs and purposes

As a group, we will work with and for one another, in a forum of sharing practical and spiritual knowledge. The group will function as an opportunity to further one's growth in order to enable each participant to meet life's challenges in accordance to one's truth. In other words, this will be a sharing of our knowledge of yoga, its therapeutic power and a sharing of other practices and group processes that each member has learned during the years. The group will be in support of the fostering and bringing into fruition the uniqueness and purpose of its members on this planet in the acknowledgment that none of us walk this journey by ourselves, as we become who we are through each other.

The residential weekends will start on Friday evening and run until till Sunday lunchtime. The price of the residential weekend is 195€, including facilitation of the workshop, accommodation in shared or private

Example of weekend schedule

TIME	***FRIDAY***
6.30pm	Arrival and getting settled into the rooms
7pm – 8pm	Dinner
8pm – 8.30pm	Introduction of the group participants
9pm – 10.30pm	Yoga practice
TIME	***SATURDAY***
7.30am	Herbal tea
8am - 9.30am	Kundalini Practice
10am - 11am	Breakfast
11am - 12pm	Vigorous forest walk
12pm - 13pm	Yoga practice
13pm – 15pm	Lunch
15pm – 17pm	Yoga philosophy
17 pm – 19pm	Kundalini practice
19pm – 21pm	Dinner
21pm – 22pm	Group activity / movie / discussion
TIME	***SUNDAY***
7.30am	Herbal tea
8am - 9.30am	Kundalini Practice
10am - 11am	Breakfast
11am – 11.30am	Group process
12.30pm – 14pm	Lunch