

Magic of Ireland

retreat itinerary

(subject to flow and change as needed)

Day 1: Thursday, August 22

- depart for Shannon, Ireland

Day 2: Friday, August 23

- arrival in Shannon, Ireland
- coach transfer to Wild Atlantic Way Farmhouse in Kinsale
- brunch
- settle in/welcome/introductions
- gentle hike in the area
- slow flow yoga
- dinner at the farmhouse

Day 3: Saturday, August 24

- morning yoga
- free time
- optional pony trekking excursion
- evening restorative or yin yoga
- free time for dinner out

Day 4: Sunday, August 25

- morning yoga
- brunch at the farmhouse
- Blarney Castle excursion
- visit local pub
- dinner at the farmhouse

Day 5: Monday, August 26

- morning yoga
- brunch at the farmhouse
- free time
- optional pottery making excursion
- restorative yoga
- dinner at the farmhouse

Day 6: Tuesday, August 27

- morning yoga
- brunch at the farmhouse
- hiking along the Wild Atlantic Way
- Scilly Walk & Charles Fort
- free time for dinner & exploration in downtown Kinsale

Day 7: Wednesday, August 28

- morning yoga
- brunch at the farmhouse
- boat excursion off the southern coast to Spike Island
- stop in the fishing village Crosshaven
- evening yin or restorative yoga
- dinner at the farmhouse

Day 8: Thursday, August 29

- morning yoga
- brunch at the farmhouse
- drive along the Wild Atlantic Way to Timoleague and see Timoleague Abbey
- enjoy tea and cakes in Monks Lane
- restorative yoga
- dinner at the farmhouse

Day 9: Friday, August 30

- coach transfer to Shannon airport and fly home