

# Bealtaine Greetings to All for this beautiful gathering of Women and Girls.



We have two yoga spaces. One is our yoga shala (super cosy, cuddle up close!) or in the dome (spread out and have more room, but bring warmer clothes and extra blankets)

|                                  |  |
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| <b>Friday May 6<sup>th</sup></b> |  |
| <b>19:00</b>                     | Welcome tea and scones followed by Bealtaine Yoga Nidra for all.           |
| <b>20:00</b>                     | Informal chat to outline the weekend programme, introductions for everyone |
|                                  |  |

## Saturday May 7<sup>th</sup>

|                      |   |
|----------------------|---|
| <b>5:30</b>          | Dance in the Dew in the dawn light (Optional)   |
| <b>6:00-8:00</b>     | Dawn walk on Kilkee Cliffs (Optional)   |
| <b>8:30</b>          | Morning Yoga Nidra  |
| <b>8:45 – 10:00</b>  | Breakfast and morning time connections  |
| <b>10:00 -11:15</b>  | Opening circles and morning womb yoga - with experiential anatomy - fun for everyone in the dome or yoga shala movement and breath . Followed by short break.   |
| <b>11:45 – 12:45</b> | Session with Maren  |
| <b>13:00 - 14:30</b> | Lunch   |
| <b>14:30 – 16:00</b> | Bog road and shoreline walk   |
| <b>16:00 - 17:00</b> | Goddess artwork   |
| <b>17:00 – 17:30</b> | Early evening girls and ladies Yoga Nidra   |
| <b>18:00 -19:30</b>  | Preparation and sharing of supper followed by after dinner chuckle with Uma (informal laughter yoga for all) .  |
| <b>19:30</b>         | Evening crafting and stories and song sessions with Maren and Uma   |
| <b>21:00</b>         | Sunset Yoga Nidra for everyone. Come in your pyjamas so you can go straight off to bed later if you like? or come snuggle up warm to go out and be wild in the night afterwards! Your choice. Either way bring your warm socks and cuddle up with your girls for Yoga Nidra |

## Sunday May 8<sup>th</sup>

|                      |   |
|----------------------|---|
| <b>6.30</b>          | Dance in the Dew in the dawn light (Optional)   |
| <b>7:00</b>          | Morning Yoga Nidra  |
| <b>8:30</b>          | Breakfast and morning time connections  |
| <b>10:00 -11:15</b>  | Opening circles and morning womb yoga - with more experiential anatomy - fun for everyone in the dome or yoga shala movement and breath |
| <b>11:45 - 12:30</b> | Session with Maren  |
| <b>12:30 - 13:00</b> | Closing Circle. Gathering with song to take this experience out to our lives beyond the camp.   |
| <b>13:00 - 14:00</b> | Lunch and home  |
|                      |   |