



# SPRING RETREAT

## FOR FIRST MOTHERS

**Date:** March, 24<sup>th</sup> – 26<sup>th</sup>, 2017.

**Time:** Friday 4.pm – Sunday 1.pm.

**Venue:** Mulvarra House, St. Mullins, Co. Carlow.

**Cost:** 220 Euro Per Person – Full Total. Single Room /Unsuite.

**Deposit:** 100 Euro - Non-Refundable (unless Retreat is cancelled).

*Your deposit secures your place on retreat. Balance 120 Euro paid in cash on your arrival.*

*Small Group.*

A soul nourishing weekend to nest yourself in the comfort of a lovely warm house with breathtaking views of the river barrow wrapped in forest trees.

Seated relaxation, very gentle yoga stretching, experiential group exercises, songs & poetry, walk by the river, while sharing a common bond with other women, in a safe & gentle environment.

Celebrating our 4<sup>th</sup> year at Mulvarra House. Hope you can join us.

**Facilitated by Christina Breen.**

**Yoga Teacher**

**Ki massage Therapist.**

**Presently training with hospice foundation Ireland in loss and grief.**

**First Mother.**

**Contact me for full details/booking: [chroiyyoga@gmail.com](mailto:chroiyyoga@gmail.com) 086 – 668 5787**



