

Yoga Retreat at ASHFORD CASTLE in Ireland with Ata
Thursday November 19th to Sunday November 22nd 2015



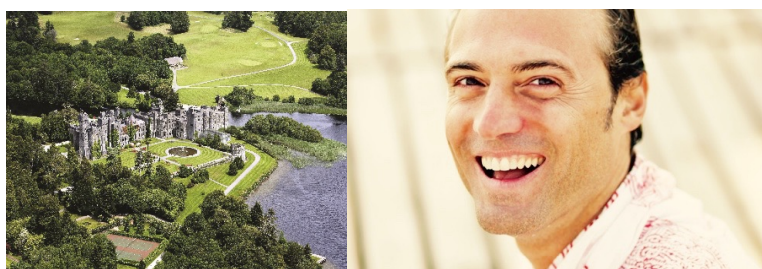
ASHFORD CASTLE

EXCELLENCE SINCE 1828



ASHFORD CASTLE

EXCELLENCE SINCE 1228



Experience the ultimate Yoga Retreat with Ata (Alex Baechler) renowned international Yogi master at Ashford Castle

Nestled away from the hustle and bustle, the recently restored Ashford Castle provides the most exceptional getaway for a series of Yoga Retreats hosted by famed yoga instructor, Ata (Alex Baechler) which will take place this November. Ata, renowned for his focus on balance and harmony, will be available at Ashford Castle from **19th to 22nd November 2015** for a programme that includes the following Yoga sessions;

- Asana and pranayama: to detox, de-stress, and boost energy for good health and vitality
 - Hatha yoga: to recharge, relax, and be ready for the day
- Chanting and Yoga Nidra: to relieve the daily tensions, anxiety and other emotional problems
- Gentle Restorative yoga: a slow paced stretching class to learn basic poses and relaxation techniques
- Pranayama and meditation: to increase energy, relieve stress and tension

The focus of the retreat is to escape a fast paced environment and take the time to slow down, to find calm and serenity through different forms of yoga and meditation while being pampered and nurtured in the luxury of one of Ireland's most magnificent properties, recently recognized as the Best Hotel in the World. Situated on the shores of Lough Corrib, in one of Ireland's most picturesque and naturally beautiful settings, the clean air, surrounding forests and natural rugged landscape will restore, revive and inspire.

Tailored to personal requirements and tastes, the programme offers guests various additional activities, including cycling, kayaking, horse riding, fishing, falconry and walking, as well as pampering spa treatments using Elemis and Brand Voya products to create a relaxed active experience as life demands.

Available as a three night package, the retreat may be combined with a golf package or other packages for partners.

Details of the package inclusions are as follows:

- Luxurious accommodation in a Corrib Room
- Gourmet organic healthy option breakfast, lunch and dinner each day
 - Yoga classes and meditation sessions
 - Unlimited access to fitness room, pool and gym
- Unlimited access to Solarium, sauna and Lounge Area
 - Falconry demonstration
 - Indian head massage
- Access to all the facilities of the 5-star Ashford Castle resort including spa, cinema, billiards room, archery, horse-riding, clay target shooting, lake cruising, kayaking, zip wire, golf and tennis.
 - Supplementary charges may apply.

Sample Programme Itinerary for the 3-night retreat

Day 1 ~ Thursday ~ 19th November 2015

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| 15:00 | Arrival and check-in |
| 18.00 | History and tour of Ashford Castle |
| 18.30 | Introduction to yoga teacher, Ata (Alex Baechler) in the Ingelnook |
| 19:00 | 3-course detox dinner in the George V dining room |
| 20:30 | Opening circle in the Ardilaun Suite |

Day 2 ~ Friday ~ 20th November 2015

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| 07:00 | Wake up with lemon and fresh grated ginger water |
| 07:30 | Meditation in the Ardilaun Suite |
| 08:00 | Detox breakfast in the George V dining room |
| 09:30 | Discussion and Yang practice in the Ardilaun Suite |
| 12:00 | Healthy 2-course lunch in the Drawing Room |
| 13:00 | Personal time |
| 14.00 | Visit to the Falconry School to meet birds of prey followed by a Falconry demonstration |
| 15.15 | Personal time |
| 16:00 | Yin practice in the Ardilaun Suite |
| 19:00 | 3-course detox dinner in the George V dining room |
| 20:30 | Yoga Nidra in the Ardilaun Suite |

Day 3 ~ Saturday ~ 21st November 2015

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| 07:00 | Wake up with lemon and fresh grated ginger water |
| 07:30 | Meditation in the Ardilaun Suite |
| 08:00 | Detox breakfast in the George V dining room |
| 09:30 | Discussion and Yang practice in the Ardilaun Suite |
| 12:00 | Healthy 2-course lunch in the Drawing Room |
| 13.00 to 16.00 | Personal time and Indian Head Massage |
| 16:00 | Yin practice in the Ardilaun Suite |
| 19:00 | 3-course detox dinner in the George V dining room |
| 20:30 | Yoga Nidra in the Ardilaun Suite |

Day 4 ~ Sunday ~ 22nd November 2015

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| 07:00 | Wake up with lemon and fresh grated ginger water |
| 07:30 | Meditation in the Ardilaun Suite |
| 08:00 | Detox breakfast in the George V dining room |
| 09:30 | Yin or Yang practice, and closing circle in the Ardilaun Suite |
| 12:00 | Check out and depart |

Total Package Price

Single Room ~ €995.00 per room (no transfers required)

Double Room ~ €1,525.00 per room (no transfers required)

Single Room ~ €1,195.00 per room from Ireland West Knock airport

Double Room ~ €1,725.00 per room from Ireland West Knock airport

Single Room ~ €1,395.00 per room from Shannon airport

Double Room ~ €1,925.00 per room from Shannon airport

Spousal supplement on the single room €350.00 on dinner, bed and breakfast, one hour falconry lesson and an Indian Head massage.

The fast pace of modern living can leave us disregarding our own health and wellbeing. Sometimes we need to slow our pace and put our body through a beneficial regime that realigns our body and mind. The Ashford Castle Yoga Retreat promises to restore and energize. The award winning dining and expert yoga programme all in the splendid surroundings of the historic Ashford Castle are sure to leave you motivated and revitalized.

-ENDS-

For further information contact

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www.ashfordcastle.com

About Ata (Alex Baechler)

Ata has been transmitting the teachings of yoga following the lineage of his master Sri Dharma Mittra. He has been living the life of a yogi for many years, adapting its principal to a modern lifestyle. The passionate yoga instructor undertook intensive training with Yoga Master Sri Dharma Mittra at the Kailashananda Temple in New York and subsequently perfected his practice in California, as well as Kerala (India), where he spent extended periods of time living a monastic life in ashrams. Ata has also been studying and teaching the ancient art of Thai massage for over 12 years. He was taught by the great Masters in Asia and developed his own blend of treatments, mixing traditional Thai massage techniques with western osteopathic principals.

About Ashford Castle

Ashford Castle is set on 350 acres in County Mayo, on the shores of Lough Corrib and the River Cong, with a spectacular backdrop of woodlands, lake, river, and mountains. It features 82 guestrooms and is renowned for a range of country sports including an equestrian centre, fly fishing, an exclusive nine-hole golf course and Ireland's first school of falconry. Several dining rooms and bars, along with a gracious afternoon tea service are among the amenities. It is a member of Leading Hotels of the World. For more information please visit www.ashfordcastle.com

About the Red Carnation Hotel Collection

The Red Carnation Hotel Collection is an award-winning collection of five and four star family-run boutique hotels in London, Dorset, Guernsey, Geneva, Florida, South Africa and now Ireland. Each property has its own individual character and unique location that reflects the local environment, culture and cuisine. They all share the qualities that win Red Carnation so many prestigious awards – splendid luxury, generous hospitality, inventive and traditional cuisine, private art collections, passionate service and loyal staff committed to creating richly rewarding experiences for all their guests. Red Carnation Hotels was listed as number 2 in the Sunday Times Best Companies to Work For 2015, having debuted at 72 just three years previously.

For more information about these [award-winning hotels](#) and the rest of the Red Carnation Collection, please go to www.redcarnationhotels.com.

About The TreadRight Foundation

Created as a joint initiative between The Travel Corporation's family of brands, the TreadRight Foundation is a not-for-profit working to ensure the environment and communities we visit remain vibrant for generations to come. To date, TreadRight has helped support more than 35 sustainable tourism projects worldwide. The foundation's guiding principle is to encourage sustainable tourism development through conservation, leadership and support for communities. TreadRight's past project partners include WWF, Conservation International and The National Trust in the UK. Current initiatives include sponsoring the National Geographic Society's inaugural "World Legacy Awards," helping to combat wildlife crime with WildAid, and empowering individuals with the Alliance for Artisan Enterprise. To learn more about our past and current work at TreadRight, please visit us at www.treadright.org