

Yoga and Voice Workshops 2022

Slí Aonghusa Retreat Centre Kilmurvey Inis Mór Aran Islands



Slí Aonghusa nestles at the foot of the Ancient Fort of Dun Aonghusa in the village of Kilmurvey Aran Islands. The centre is spacious, bright and comfortable with spectacular views of the wild landscape of Aran. An award winning blue flag beach nearby is a delight for swimmers and many of the Islands sacred sites and holy wells are within walking distance.



During these Retreats Deirdre and Monika combine their passion and experience to bring the participants on a deep and powerful journey of yoga, movement, sound and song.

Following the seasons of the Celtic Calendar , each themed retreat offers an opportunity to tune in and connect to the natural cycle and rhythms reflected in the landscape and nature of Aran.

Further information

www.celticpassage.com

www.earthseaskyyoga.com

Sound and Yoga Retreats

Sound and Yoga – *Imbolg*

Spring February 24th to February 27th 2022



“Crossing the threshold of Spring we re-emerge towards new beginnings.”

Cost 550 € includes accommodation, workshops, meals, transport to and from the ferry.

Booking deposit of 100 € to secure a place.

Sound and Yoga – *Bealtaine*

Summer April 29th to May 1st 2022

“Celebrating the full light of Summer, Bealtaine ignites the passion of who we are and can be...”

Cost 550 € includes accommodation, workshops, meals, transport to and from the ferry.

Booking deposit of 100 € to secure a place.



Sound and Yoga Retreats

Sound and Yoga – *Lughnasa*

Summer July 29th to August 1st 2022



“Gathering with others we harvest and share the gifts of our soul's journey”

Cost 550 € includes workshop, accommodation, meals, transport to and from the ferry.

Booking deposit of 100 € to secure a place.

Sound and Yoga – *Samhain*

Autumn 28th October to November 1st 2022

“Embracing the stillness of Samhain we rest in the silence and listen”

Cost 550 € includes accommodation, workshops, meals, transport to and from the ferry.

Booking deposit of 100 euro to secure a place.



Sound and Yoga Retreats Inis Mór

Workshop Facilitators

Deirdre Ní Chinnéide

Deirdre Ní Chinnéide is psychotherapist, spiritual director and composer and performer of spiritual music. She facilitates workshops and retreats at home and abroad in the area of Celtic Spirituality.

She has composed two acclaimed albums of music *Celtic Passage* and *I will sing for you* and she is co-author with her sister **Mary Kennedy** of the book **Journey to the Well**, Connecting to Celtic ways and wisdom (Hachette Publications).



Monika Schluderbacher

Born in 1961 in the Alps of northern Italy, *Monika Schluderbacher* grew up immersed in two languages and cultures. Out of fascination for movement she trained as a physiotherapist, working as such in Italy, Austria and Switzerland. With 30 years experience her passion for sharing yoga with the world invites retreatants to reconnect with their innermost nature.

In 2004 Monika completed a Sivananda Yoga teacher training in Greece. Following an inner calling, she moved to the island of Inis Mor in 2008, where she has been living and working since, giving yoga classes and retreats all year round, inspired by island nature.