

Inishbofin Yoga Events 2024



Spring Retreat with Marella Fyffe and Christine Stewart

May 10-12th

This Spring Retreat, with Marella Fyffe and Christine Stewart, held during Bealtaine, is a time of growth and abundance; our practice will celebrate that as we listen for the elusive corn crake.

€125 Yoga Only

Bookings Christine 087 2251138

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Mid-Summer Retreat with Ann McDonald and Christine Stewart

June 13th - 16th

There will be six nourishing yoga classes with Ann McDonald and Christine. These will include our Thursday evening Yoga Nidra class and three optional morning meditations. A beautiful time of year full of song and sand.

Inishbofin Yoga Events 2024

€180 Yoga Only Thursday to Sunday

€125 Friday to Sunday

Bookings Christine 087 2251138

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We will explore the deep pockets of the body and mind



Inishbof-Yin, a Yin Yoga Event run with
Marella Fyffe and Christine Stewart
August 26nd - 30 th
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**Inishbof-Yin, a Yin Yoga Event run by Inishbofin Yoga in collaboration with
CamatkaraYoga School - with Marella Fyffe and Christine Stewart**

August 26th – 30th

During the week, we will explore the deep pockets of the body and mind as only Yin Yoga can, as we develop and grow in yoga, and explore all elements of yin with a light heart and a curious mind. Each class will be structured to be accessible and include yin elements to deepen your practice and your teaching in asana, pranayama, and meditation from a yin perspective.

With a total of 28 hrs of teaching available for CPD hours with both YA and YAP if this interests you or you have any questions, please contact Christine.

Bookings Christine 087 2251138

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Equinox Wind Down with Christine



Sept 13 - 15th

This retreat is with Christine and is all about restoring and unwinding. As we move into Autumn, things start to slow down, it is a time to let go a little. This retreat suits anyone looking for a relaxing weekend away from their busy life. Includes four yoga classes and two optional meditations.

€125 Yoga Only

Bookings Christine 087 2251138

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