

Sample Yoga Mara programme with Ballynahinch Castle Connemara, Galway



Day 1: Arrive Friday

14.00 onwards: Check in to Ballynahinch Castle Hotel.

17.30: Official welcome from Ballynahinch Hotel team and Yoga Mara followed by Yin Yoga Class & Yoga Nidra in Yoga Studio of Lettery Lodge.

19.00: Welcome cocktail.

19.30: Buffet dinner in the kitchen of Lettery Lodge.

Day 2: Saturday

07.30 onwards: Light pre-yoga snack (fresh fruit platter, juice & smoothie of the day, teas/coffees) served in the kitchen of Lettery Lodge.

08.00: Vinyasa Flow Yoga Class at Lettery Lodge

09.30: Breakfast in the Hotel.

12.00: *Optional cooking demo in Lettery Lodge by Ballynahinch kitchen team, followed by lunch - €50

14.00: *Optional guided walk of the estate - a gentle 2.5 hour stroll (€30) or a traditional Afternoon Tea in the elegant Owenmore Restaurant (€25).

19.30: Dinner in the Fisherman's Pub

Lettery Lodge Kitchen Ballynahinch Castle



Lettery Lodge Yoga Studio Ballynahinch Castle

