

Clare Island Retreat Centre

Clare Island lies off the west coast of Ireland at the entrance to Clew Bay, near Westport. Accommodation is in shared twins or double rooms in a renovated and extended traditional island cottage located on a quiet part of the island. The dining room and the 55 m² yoga studio are in a modern timber building nearby. There are solar panels for heating the water, wood burning stoves for space heating and plenty of natural light. All rooms have spectacular sea and mountain views. The food is vegetarian, delicious, and meals use mostly organic ingredients, a lot of them from our own gardens, orchards and polytunnels. Drinking water comes from a private spring near the house. A selection of organic fruit and teas is available at all times. There are reduced rates on some courses if you camp or help us with the running of the centre.



Schedule of residential retreats and workshops for 2010

<i>Dates</i>	<i>Retreat / workshop</i>	<i>Price</i>
3 rd - 7 th July	Mindful eating and yoga with Christophe and Ciara	420 euros *
10 th - 17 th July	Yoga retreat with Rossella Baroncini. For advanced students	400 euros + donation for the teaching
18 th - 24 th July	Yoga retreat with Christophe and Ciara. For all levels	700 euros
30 th July - 2 nd August	Bank holiday retreat with Christophe and Ciara. For all levels	400 euros
2 nd - 7 th August	Yoga retreat with Christophe and Ciara. For all levels	480 euros
10 th - 15 th August	Yoga retreat with Venkatesh and Hema. For all levels	600 euros
17 th - 21 st August	Yoga retreat with Christophe and Ciara. For all levels	520 euros *
23 rd - 29 th August	Advanced yoga retreat with Venkatesh and Hema, from Mysore. For experienced practitioners.	740 euros
1 st - 5 th September	Mindful eating and yoga with Christophe and Ciara	480 euros *
16 th - 21 st September	"Connecting with horses", yoga and horsemanship with Vanessa Bee. For all levels of yoga and horsemanship	750 euros
22 nd - 25 th October	Yoga and vegetarian cooking with Christophe and Ciara	380 euros *

* Reduced price on the yoga and cooking courses for those doing only yoga or only cooking. Prices include full board accommodation, transport from the main land and tuition (unless otherwise specified).