



Setting intentions for the New Year.
With Desiree Zwanck and Dearbhla Glynn (English/French retreat)
Create Space to be present in the moment and reconnect with yourself.
Centre Mampuya <http://www.mampuya.org/>
11 - 13 January

This retreat is all about slowing down, resting, practicing yoga, meditating and ultimately stepping away from the business of daily life and responsibilities. Taking time to create space, reconnect with yourself, with nature and ultimately just be. Setting intentions can be an important step in creating a focus for the New Year ahead, through our meditation practice and silent walks we will call to mind any intentions you would like to set for the new year and focus on them.

Over the weekend we will connect with ourselves, our bodies, finding balance and cultivating inner peace. The weekend will create a sense of calm, quiet, nourishing our bodies, spirit and soul. There is a part of us that is always at peace this weekend we will use this time to come to that place of peace. This retreat will help to reconnect to our inner quiet and blissful stillness.

We will begin every morning with a meditation practice, followed by a lovely, healthy and super nutritious breakfast. We will then take a silent walk in the beautiful surroundings and come back for our morning yoga practice.

The morning practice will be warming flow in a Vinyasa style of yoga, open to all levels and abilities. The evening yoga practice is aims to to stretch, strengthen and lengthen muscles and open tired joints, over all creating a feeling of strength, openness and lightness within the body. Allowing the body and mind to let go and sink into deep relaxation.

There will be plenty of time to relax, read, rest, visit the local baobab trees or even go for a swim in the local swimming spot. The overall premise of the weekend is to come to a quiet space, appreciating the beauty of our surroundings and connecting to the inner calm and peace within ourselves.

Participation cost: 100.000 FCFA
Food and lodging (full board, vegetarian/vegan meals) for whole retreat: 70.000/single and 60.000/shared/double (per person).

Massage and/or acupuncture will be available on-site and can be booked separately. See meselech Halle-Michael's site for more information about her acupuncture practice: www.khamoya.com

Schedule

Friday

5 pm: guided tour of Centre Mampuya

6-8 pm: welcome circle, meditation, stretch and relax yoga practice

8-9 pm dinner

Rest

Saturday

6-8 am: morning meditation and yoga practice

8-9 am: breakfast

9 - 10 am silent walk 10 - 12 am yoga practice

12-1 pm: lunch

Rest, Meditation, read, swim.

5- 7 pm evening yoga practice (Yin - Restorative)

7-8 pm: dinner

9-10 - (yoga Nidra or else rest)

Sunday

6-8 am morning meditation, Vinyasa Practice

8-9 am: breakfast

10 - 11 Silent walk

11-12 am: closing meditation and closing circle.

12-1 pm: lunch

Booking and other details

- You can buy Kirene bottles at the Center, but not much else.
- What you need to bring: a yoga mat and a meditation pillow or cushion, a shawl or blanket to cover your shoulders when meditating, very comfortable clothes, warm clothes for the morning meditation, closed shoes for the walks, mosquito repellent, possibly a flash light. Popenguine beach is 10 min drive away, so up to you if you want to bring out the gear for that.
- Centre Mampuya will charge 30.000/night for single, and 25.000/night for double occupancy, per person. This means you will pay 70.000 for the whole stay if you take a room by yourself, and 60.000 if you share. This includes breakfast, lunch and dinner. All vegan/vegetarian meals.
- To finalize your booking, please call Abou at Centre Mampuya. He has a list with all the names for the retreat (just tell him, la retraite de Desiree du 11-13.01.2019) – call him to tell him if you want single or double occupancy, and with whom you will share your room (family occupancy is also possible). His number is: 775693773. Your booking will be complete when you will have wired 50% of the payment directly to Abou (Orange Money or Wari) to 774294547. Please make the transfer at the very latest by January 31st to secure your spot in the retreat, and don't forget to let me know when you are done. You can reach me also on whatsapp +221763574483
- The participation cost can be paid on-site

Desiree Zwank 200 Hr RYT (Senegal)



My mission is to share the beautiful practice and the universal wisdom of yoga to help you remember how to balance your body, mind and soul. In my classes, I combine meditation, breathwork, chanting, creative sequencing, alignment guidance, music and poetry...all with the goal to leave you inspired, nourished and empowered.

I have practiced Yoga for nearly 10 years and began guiding in Congo and Rwanda from 2012, sharing the beautiful practice with other humanitarian workers in need of alignment, connection and relaxation. In early 2016, I decided to deepen my knowledge and completed my RYT+200hr training with Marisa van Vuuren,

Since July 2016, I have had the privilege to guide a gorgeous and eclectic yoga crowd in Dakar, running classes and retreats. I guide an intermediate Vinyasa Flow class but it is safe for beginners as I offer lots of adjustments and you can adapt the pace to your needs.

Dearbhla Glynn 500hrRYT (Ireland)



I have been practising yoga for over twenty years, after years of gymnastics, capoeira, and running I had managed to accumulate injuries and I found yoga was the best way to physically maintain my muscles, joints and overall body. The more I practised I noticed how grounded, connected and calm I was after yoga. In time the physical rewards became secondary to the mental and spiritual impact of my practice. Yoga became an integral part of my life.

Under the teachings and encouragement of Greg Walsh and Nikki Cousins I began to deepen my knowledge and practice, practising both Iyengar and Ashtanga yoga I developed a practice that suited my body and mind. I found my way to Vinyasa through the great teachings of Rohan Hennessy who has both taught me extensively. I have been practising with Rohan for the last ten years and I find that Vinyasa resonates deeply with me.

Through the 300 hours of advanced teacher training in the Elbowroom I have trained with movement practitioners Gary Carter and Yin practitioner Josh Summers.

I love the effect Yin and restorative yoga has on my body and

mind and it has become a deep part of my daily practice.

I currently practice and teach meditation Vinyasa, Yin and Restorative yoga. I am the resident teacher at the Cliffs of Mother Retreat in Ireland, And I also teach in Samadhi Dublin, Ireland.

I believe through the practice of yoga we can find balance, clarity and stillness of the mind.

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