



Developing Strength, Flexibility and Cultivating Inner Peace.

Reconnecting with our yoga and meditation practice.

With Desiree Zwanck 200Hr RYT and Dearbhla Glynn 500hrRYT

19th - 26th January in La Source aux Lamantins

<http://lasourceauxlamantins.com/>

Every morning begins with meditation, cultivating calmness and quieting the mind. The overall emphasis of this retreat is to reconnect with our yoga and meditation practice, come into our bodies and remove the obstacles that prevent us having a regular practice. This retreat will be a step to kick starting your practice again and find that part of you that loves to get on the mat.

The morning practice will be strong and dynamic with standing asanas, creating fire within the body. The evening practice is all about letting go, stretching and lengthening muscles, opening up tired joints and coming into a deep state of relaxation. We will practice yin yoga and lead into a more restorative practice to calm the mind and the nervous system.

For anyone interested who wants to play, we can explore the more challenging yoga poses and see if we can find ways into poses like hand-standing, splits and back-bends.

Throughout the retreat we will also enjoy silent walks in the beautiful surrounding areas. There will be plenty of time to rest, read and relax. You will be able to book and enjoy a boat trip or visit the local hot springs. Massage and/or acupuncture will be available on-site and can also be booked separately. See Meselech Halle-Michael's site for more information about her acupuncture practice: www.khamoya.com

Overall this week is for those of us who want to reconnect with your bodies, calm your mind, finding the strength that is within us and exploring new ways of developing and inspiring our yoga and meditation practice.

Participation cost: 240.000 FCFA

Food and lodging (half board, meaning breakfast and dinner included) for whole retreat: 240.000/single (for 1 person) and 390.000/shared/double (for 2 people) and 51.000 for a family room (2 adults + 2 children).

Transport from the airport or from Dakar can be organized with La Source aux Lamantins for a fee.

Excursions & additional treatments extra.

Schedule

Saturday 19th

5 pm: guided tour of La source aux Lamantins

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

8-9 pm dinner

Rest

Sunday-Friday

7-8 am: morning meditation

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, meditation or else rest)

Saturday 26th

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

About the teachers

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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