



## YOGA AND PROFESSIONAL DEVELOPMENT RETREAT PROGRAM

# Eat, learn, grow: what to expect



Every day will begin with a gentle and inclusive morning yoga - you do not need to have done yoga before to take part in the programme. The movement, breathing, meditation and philosophy of yoga will focus on the chakra emphasized in the session with Rosemarie later that day - for example, before the session on communication, we will work on our throat chakra. This will help us to find our words and to find our voice in the workshop. We will work on the root chakra when we are talking about being grounded, and so on. Using yoga techniques, we will learn how to override thoughts that keep us stuck - a technique that we will take into the workshops too.



Dermot will explain the four tenets of Sivananda yoga, one of which is Karma Yoga - doing an act of service without expecting anything in return. To practice this, participants will help clean up after eating breakfast, helping to create a homey atmosphere and including some discipline into our practice.

In the classroom sessions (about two hours in the morning and an hour in the evening) we will explore what we mean by purpose and what the skills are to navigate it. "People may think that purpose is something that you're chasing after - but it's not, it's having a sense of meaning around what you're currently doing and getting a sense of joy from it", Rosemarie says. We will also workshop together and have a daily reflection. For example, the Career Anchors workshop is a meditation bringing you back to when you were in school: what did I enjoy, what did I want to bring with me? This workshop will help you tease out your themes. This could be in your work life or otherwise. We will learn how meaning is often taken from relationships, how purpose is a combination of running themes that give you meaning, and how success in life is really dependent on relationship intelligence. Participants will be growing their mindset - moving from a fixed mindset to a growth mindset, and last but not least, learn to self-coach.

### **Notre Dame Kylemore**

Notre Dame Kylemore is located in St. Joseph's Hall, a self-contained building adjacent to the main Abbey building. Kylemore is located in the picturesque Connemara region in County Galway, approximately 77km from Galway City. Connemara is known for its remarkable beauty, and there are many activities close by.

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### **For more information**

*Kylemore Global Centre*

*Kylemore Abbey*

*Connemara, Co. Galway, Ireland*

*H91 VR90*

[kylemore.nd.edu](http://kylemore.nd.edu)

There will be a relaxation yoga session in the afternoon, which is optional - participants can choose to use this time to journal or explore the estate instead.

Another tenet of yoga, Bhakti Yoga - the worship of something bigger - can be put into practice at Vespers. This is also a way of paying our respects to Benedictine community, with whom we share the estate. Religious and non-religious people alike can join and enjoy Vespers, a singing service that is relatively short.

Finally, after dinner, we will come together for a short Yoga Nidra, meditation and Om chanting session before bed.



## YOGA AND PROFESSIONAL DEVELOPMENT RETREAT PROGRAM

Eat, learn, grow: Finding purpose,  
finding me

*at Kylemore*



### Sample schedule

#### Sunday 15 September

4:00 PM – Arrive and check in  
5:00 PM – Introductions and General overview  
6:30 PM – Welcome Dinner

#### Monday 16 September

6:00 AM – Wake up  
6:30 AM – 8:45am Yoga Practice, Pranayama,  
Meditation & Intro to Yoga Philosophy  
9:00 AM – 10:15 AM Breakfast & Clean Up (Karma  
Yoga)  
10:30 AM – 12:30 PM Lecture 1 of 4 (inc Tea Break):  
*What do we mean by Purpose and the skills to navigate  
it. // Discover your Life and Work Career Anchors*  
1:00 PM – 2:15 PM Lunch and Clean Up (Karma Yoga)  
2:30 PM – 3:30 PM Lecture 1 of 4 contd.  
*Introduction to Learn to Self Coach*  
4:00 PM – 5:00 PM Easy Yoga and Shavasana  
(Relaxation) – Optional  
5:00 PM – 5:30 PM Vespers - Optional  
7:00 PM Dinner and Clean Up (Karma Yoga)  
8:30 PM – 9:15 PM Yoga Nidra/Meditation/Om  
Chanting  
Bed Time/Silent Reflection

#### Tuesday 17 September

6:00 AM – Wake up  
6:30 AM – 8:45 AM Yoga Practice, Pranayama,  
Meditation & Yoga Philosophy  
9:00 AM – 10:15 AM Breakfast & Clean Up (Karma  
Yoga)  
10:30 AM – 12:30 PM Lecture 2 of 4 (inc Tea Break):  
*Review of previous days' take aways.*  
*Relational Intelligence: Learn about RQ and How to get  
the most from your Relationships in a meaningful way.*  
1:00 PM – 2:15 PM Lunch and Clean Up (Karma Yoga)  
2:30 PM – 3:30 PM Lecture 2 of 4 contd.  
*Growing Your Mindset*  
4:00 PM – 5:00 PM Easy Yoga and Shavasana  
(Relaxation) – Optional  
6:00 PM – 6:30 PM Vespers - Optional  
7:00 PM Dinner and Clean Up (Karma Yoga)  
8:30 PM – 9:15 PM Yoga Nidra/Meditation/Om  
Chanting  
Bed Time/Silent Reflection

#### Wednesday 18 September

6:00 AM – Wake up  
6:30 AM – 8:45 AM Yoga Practice, Pranayama,  
Meditation & Yoga Philosophy  
9:00 AM – 10:15 AM Breakfast & Clean Up



10:30 AM – 12:30 PM Lecture 3 of 4 (inc Tea Break):  
*Review of Previous Days takeaways*  
*Conversational IQ – “let’s Talk” Workshop ... How to Communicate Effectively*  
1:00 PM – 2:15 PM Lunch and Clean Up (Karma Yoga)  
2:30 PM – 3:30 PM Lecture 3 of 4 contd.  
*Learn to Apply the GROW Model to Previous Workshop Learnings*  
4:00 PM – 5:00 PM Easy Yoga and Shavasana (Relaxation) – Optional  
6:00 PM – 6:30 PM Vespers - Optional  
7:00 PM Dinner and Clean Up (Karma Yoga)  
8:30 PM – 9:15 PM Yoga Nidra/Meditation/Om Chanting  
Bed Time/Silent Reflection

### Thursday 19 September

6:00 AM – Wake up  
6:30 AM – 8:45 AM Yoga Practice, Pranayama, Meditation & Yoga Philosophy  
9:00 AM – 10:15 AM Breakfast & Clean Up (Karma Yoga)  
10:30 AM – 12:30 PM Lecture 4 of 4 (inc Tea Break):  
*Review of Previous Days takeaways.*  
*Part 1 - Building Resilience Building You*  
1:00 PM – 2:15 PM Lunch and Clean Up (Karma Yoga)  
2:30 PM – 3:30 PM Lecture 4 of 4 contd.  
*Part 2 – Building Resilience, Building You*  
4:00 PM – 5:00 PM Easy Yoga and Shavasana (Relaxation) – Optional  
6:00 PM – 6:30 PM Vespers - Optional  
7:00 PM Dinner and Clean Up (Karma Yoga)  
8:30 PM – 9:15 PM Yoga Nidra/Meditation/Om Chanting  
Bed Time/Silent Reflection



### Friday 20 September

6:00 AM – Wake up  
6:30 AM – 8:45 AM Yoga Practice, Pranayama, Meditation & Yoga Philosophy  
9:00 AM – 10:15 AM Breakfast & Clean Up (Karma Yoga)  
10:30 AM - 11:30 AM  
*Navigating Change and Building Good Habits – Dermot & Rosemarie*  
*Wrap Up*





Join a like-minded group of retreatants in the peaceful and inspiring surroundings of Kylemore Estate for a yoga and self development retreat week. The stunning beauty of the Connemara landscape provides the perfect setting for calm and reflection. Take time to get in touch with yourself in a quiet and comfortable environment.

**What to Pack:**

- **Comfortable, loose clothing**
- **Hiking shoes**

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Kylemore Abbey  
Connemara, Co. Galway, Ireland  
H91 VR90  
Phone +353 (0)95 41905  
[kylemore.nd.edu](http://kylemore.nd.edu)*

**Arrival information:**

1. If you are coming from overseas, we recommend you fly into either Dublin or Shannon airport (Shannon is closer but there are fewer flights). From either airport, there are direct buses to Galway (operated by [citylink.ie](http://citylink.ie) from Dublin and [buseireann.ie](http://buseireann.ie) from Shannon). There is a Citylink from Galway to Letterfrack (15 minute drive from Kylemore) and you can book a taxi for the last stretch. This is a remote area so taxis must be booked several days in advance:  
Lucas Connemara Taxis: +353 85 117 1222
2. Alternatively, you can get a Citylink from Galway to Clifden and then a Bus Eireann bus to Kylemore (bus 423, timetable [here](#)) - there are only a few buses each day. Check timings ahead of your arrival as Kylemore is remote.
3. If you are arriving by car, [Notre Dame Kylemore](#) is located on the N59 between Leenane and Clifden. Driving time from Galway is approx 1 hour 20 mins, from Westport 50 mins & from Clifden 25 mins.
4. Final option: if we have enough participants flying in around the same time, we might organise a shuttle from the airport direct to Kylemore and ask for a contribution to cover the cost. We will be in touch with participants once everyone has booked.

*People are going to leave with a few tools that are going to make them feel a lot more equipped to recognise their purpose.  
- Rosemarie Ryan*

