

A photograph of a woman with blonde hair tied back in a ponytail, wearing a grey long-sleeved top and dark blue leggings, performing a warrior pose (Virabhadrasana) on a red yoga mat. She is standing on one leg with her arms raised in a 'V' shape above her head. The background features a calm lake with morning mist, a dense forest of tall evergreen trees, and a bright sky with scattered clouds.

New Beginnings

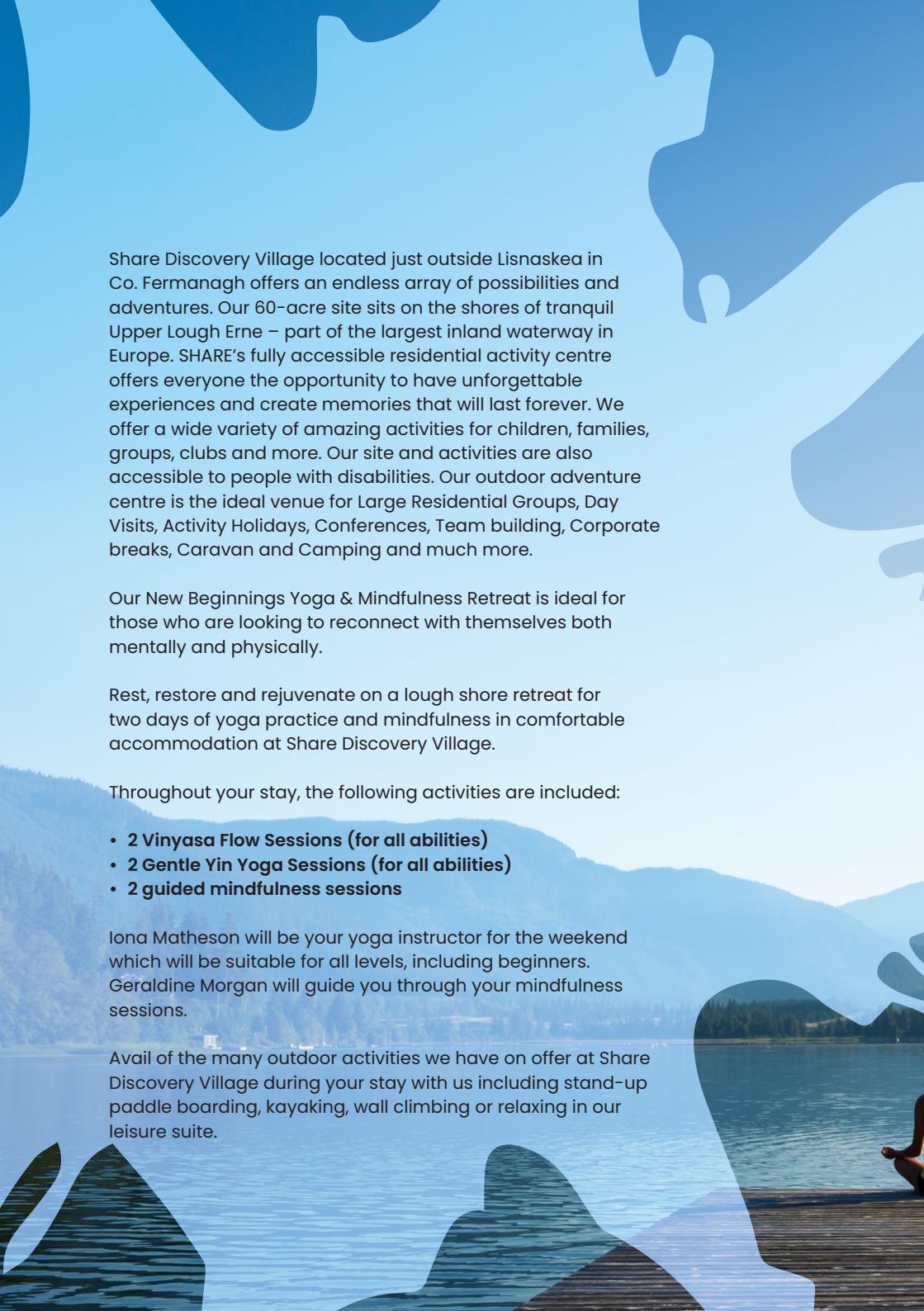
YOGA & MINDFULNESS

Retreat

20th - 22nd May 2022

The logo for share discovery village. It features a large, stylized blue sunburst or starburst shape. Inside the shape, the word "share" is written in a white, lowercase, sans-serif font. Below "share", the words "discovery village" are written in a smaller, white, lowercase, sans-serif font.

share
discovery village



Share Discovery Village located just outside Lisnaskenagh in Co. Fermanagh offers an endless array of possibilities and adventures. Our 60-acre site sits on the shores of tranquil Upper Lough Erne – part of the largest inland waterway in Europe. SHARE's fully accessible residential activity centre offers everyone the opportunity to have unforgettable experiences and create memories that will last forever. We offer a wide variety of amazing activities for children, families, groups, clubs and more. Our site and activities are also accessible to people with disabilities. Our outdoor adventure centre is the ideal venue for Large Residential Groups, Day Visits, Activity Holidays, Conferences, Team building, Corporate breaks, Caravan and Camping and much more.

Our New Beginnings Yoga & Mindfulness Retreat is ideal for those who are looking to reconnect with themselves both mentally and physically.

Rest, restore and rejuvenate on a lough shore retreat for two days of yoga practice and mindfulness in comfortable accommodation at Share Discovery Village.

Throughout your stay, the following activities are included:

- **2 Vinyasa Flow Sessions (for all abilities)**
- **2 Gentle Yin Yoga Sessions (for all abilities)**
- **2 guided mindfulness sessions**

Iona Matheson will be your yoga instructor for the weekend which will be suitable for all levels, including beginners. Geraldine Morgan will guide you through your mindfulness sessions.

Avail of the many outdoor activities we have on offer at Share Discovery Village during your stay with us including stand-up paddle boarding, kayaking, wall climbing or relaxing in our leisure suite.



Share Discovery Village is the largest residential activity centre in Northern Ireland and is a fully accessible holiday village that has everything you could ask for all on one site. Every year we welcome groups, families and friends from across the world for activity holidays in Fermanagh like no other. Share Discovery Village is situated on the shores of Upper Lough Erne outside Lisnaskea in Co. Fermanagh, just over an hour from Belfast and only two hours from Dublin.



Itinerary

20th - 22nd May 2022

Friday 20th May

4pm	Check In <i>(please arrive at 4pm to avail of the site tour)</i>
4.30pm - 6.15pm	Welcome followed by Gentle Yin Yoga
6.30pm - 7.30pm	Guided Meditation Session
8pm	Dinner

Saturday 21st May

8am - 9am	Vinyasa Flow
9.30am - 10.30am	Breakfast
11am - 2pm	Free Time / Optional Stand-up Paddle Board Session
2pm - 3.30pm	Guided Mindfulness Session
5pm - 6pm	Gentle Yin Yoga
7pm	Dinner

Sunday 22nd May

7am - 8am	Vinyasa Flow
8.30am - 9.30am	Breakfast
10am - 11am	Free Time / Optional Wall-climbing Session
11.30am	Check Out



Pricing

Residential Yoga Retreat Package

Two nights' accommodation, with breakfast each morning, an evening meal in our restaurant on both nights, access to the leisure facilities plus 2 Vinyasa Flow sessions, 2 Yin Yoga sessions, 2 Guided Mindfulness sessions and optional water and land activities on our 60 acre site.

- Self-Catering Chalet accommodation from £249 per person sharing (based on shared chalet accommodation)
- Self-Catering Chalet accommodation from £299 per person (based on single occupancy)

Yoga Retreat Package (Excluding accommodation)

Enjoy 2 Vinyasa Flow sessions, 2 Yin Yoga sessions, 2 Guided Mindfulness sessions and optional water and land activities, as well as a meal on both evenings, breakfast on both mornings, plus access to the leisure facilities.

- For only £160 per person

Please advise of any dietary requirements at the booking stage. All attendees will be emailed a health questionnaire as well as dietary form to complete upon booking. We ask that this be emailed to info@sharevillage.org by Friday 29th April 2022.

Prices exclude additional activities that are not listed as part of the weekend's itinerary (we recommend that additional activities are booked prior to arrival)

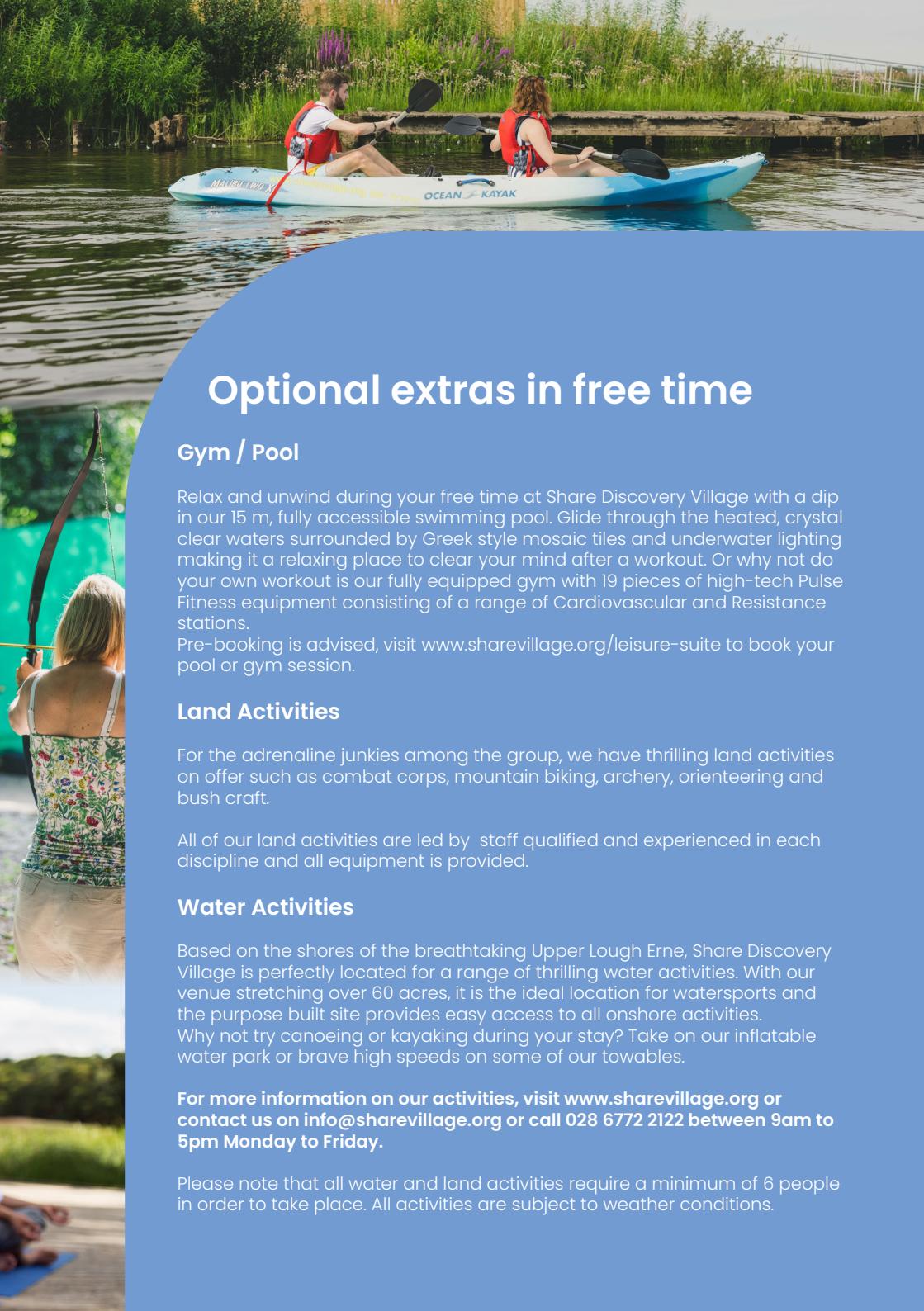
Please note that this retreat is subject to availability, early booking is required as spaces are limited. Those wishing to cancel their trip will be issued with a credit note which will be valid for 1 year from the date of issue.

For more information please visit: www.sharevillage.org
or to book, please contact us at Share Discovery Village:

info@sharevillage.org
+44 (0) 28 67722122

We ask that all attendees bring their own yoga mats to the retreat.





Optional extras in free time

Gym / Pool

Relax and unwind during your free time at Share Discovery Village with a dip in our 15 m, fully accessible swimming pool. Glide through the heated, crystal clear waters surrounded by Greek style mosaic tiles and underwater lighting making it a relaxing place to clear your mind after a workout. Or why not do your own workout in our fully equipped gym with 19 pieces of high-tech Pulse Fitness equipment consisting of a range of Cardiovascular and Resistance stations.

Pre-booking is advised, visit www.sharevillage.org/leisure-suite to book your pool or gym session.

Land Activities

For the adrenaline junkies among the group, we have thrilling land activities on offer such as combat corps, mountain biking, archery, orienteering and bush craft.

All of our land activities are led by staff qualified and experienced in each discipline and all equipment is provided.

Water Activities

Based on the shores of the breathtaking Upper Lough Erne, Share Discovery Village is perfectly located for a range of thrilling water activities. With our venue stretching over 60 acres, it is the ideal location for watersports and the purpose built site provides easy access to all onshore activities. Why not try canoeing or kayaking during your stay? Take on our inflatable water park or brave high speeds on some of our towables.

For more information on our activities, visit www.sharevillage.org or contact us on info@sharevillage.org or call 028 6772 2122 between 9am to 5pm Monday to Friday.

Please note that all water and land activities require a minimum of 6 people in order to take place. All activities are subject to weather conditions.

A word from your instructors for the weekend



Hi, my name is Iona. I've been working at Share for 2 years as a multi-activity instructor and coordinator, with qualifications in water sports, mountain biking, archery and youth work. I also have a degree in Psychology and English Literature, and I'm a registered yoga teacher, having completed my 200hr yoga teacher training.

A little back story to my yoga journey - in all honesty, I was brought to the practise at 17 by videos on social media. I was captivated by the bendiness and gravity defying control of an experienced yogi. So, I simply wanted to improve my flexibility and learn some fun new skills! Fast forward 9 years, I'm as committed to the practice as ever, and I'm still learning so much through every practice. Aside from the amazing physical benefits, yoga has helped me develop a deep connection between my mind and body. My favourite types of yoga are Ashtanga, Vinyasa Flow, and Yin Yoga.



My name is Geraldine Morgan. I always had a great interest in Holistic Therapy and in 2011 after a family tragedy I took time out and trained in Reflexology at Fermanagh College. I enjoyed this so much I kept going and trained in Swedish body massage, Aromatherapy and Indian Head Massage. Then, with these completed, I trained with Belfast City Hospital in treating cancer patients with Reflexology and Aromatherapy oils.

In 2019 I decided to train in Mindfulness, with Pádraig O'Moráin in the IICP in Dublin; as I thought this would enhance the use of Holistic Therapies and the treatments I provide. This, I can say, has really enhanced my personal life in so many ways. Now I teach the simple techniques of mindfulness to others to help them deal with the trials of everyday life and have been doing so since I trained 3 years ago.





New Beginnings

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Retreat

221 Lisnaskea Rd,
Lisnaskea,
Co. Fermanagh
BT92 0JZ

info@sharevillage.org
+44 (0) 28 67722122