

Celebrate Summer Solstice in Ireland
June 20-27, 2020
Yoga, Meditation, & Adventure Retreat



Celebrate Summer Solstice exploring National Parks and Islands and the rich biodiversity of Ireland – the Emerald Isle - through hiking, boating and biking while deepening your Hatha Yoga & Meditation practices.

Highlights of the adventure:

- * Spend 8 days/7 nights immersed in the history, culture, and majestic beauty of Ireland
- * Delve deeply into your relationship with natural healing through daily yoga, chanting and meditation
- * Hike in Burren National Park and along the Cliffs of Moher
- * Bike in Killarney National Park amongst an Abbey, Gardens, Waterfall and more
- * Relax and rejuvenate with a private massage
- * Cost: \$3100/\$3000 if paid in full by March 16, 2020 (per person, based on double occupancy)

Trip Includes:

- * 7 nights lodging
- * 2 meals a day
- * Daily Hatha Yoga and Meditation (all levels)
- * Private massage
- * 3 Full day tours – 1 hiking, 1 boat, 1 biking
- * 3 Half-Day tours – 2 hiking, 1 boat
- * Free time to explore and relax
- * Transportation from/to Dublin

Not Included:

- * Air transportation to and from Dublin, Ireland
- * Personal expenses (markets, drinks, gratuities, etc.)

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