



THE GATHERING

A Yoga Retreat Festival

29th - 31st July 2022

BURTOWN
House & Gardens



ABOUT THE GATHERING

We invite you to be a part of something special

Set in the outstanding natural beauty of Burtown House, Ireland, The Gathering is a retreat and a festival all in one.

We will gather together 200 beautiful beings for 3 days of deep, heartfelt, intimate soul connection.

Together we will be taken on a journey of self exploration through the collective and individual union of body, breath and spirit. An invitation to connect to the heart and feel the interconnected flow of life that holds us all together.

Led by a team of inspiring teachers and facilitators, you will be lovingly guided to celebrate life through the rejuvenating energy of nature, human connection and ancient teachings. Let's share who we are, dancing with our hearts into the night.

There will be the opportunity to take part in Kirtan, Sound Healing, Ecstatic Dance, Mantra Circles, Creative Writing, Acro Yoga, Forest Bathing, Storytelling around the campfire and much more.

We'll be camping in the pristine grounds of Burtown House. Surrounded by, and a part of, nature, it's a place to learn from the trees - stay grounded, find stillness, go out on a limb, drink plenty of water, and sink your roots deep into the earth of your being. Be content with your natural beauty and remember to always enjoy the view.

As we enter into the heart of summer, coming together with like-minded beings, sharing, giving, teaching and learning from one another in many exciting, new and beautiful ways seems now more important than ever. We invite you to let go and feel the magic happening.

If you hear the call... let's gather!

The Gathering welcomes the whole family with children under 7 coming for free. Your ticket includes ALL the workshops and practices, as well as an Indian style banquet twice a day, for brunch and dinner.

Breakfast and treats can also be bought on site from Jo's Pantry, which offers daily baked goodies and fresh organic vegan produce carefully prepared onsite, using only the fresh produce from their gardens.

What's happening on FRIDAY

THE BIG SHALA

16:00pm

Opening Ceremony
Practice with Ana, David & Xandy

18.30pm

Dinner

20:00pm

Opening Satsang with Kirtan

22:30pm

Collective Sound Healing
with Global Sound



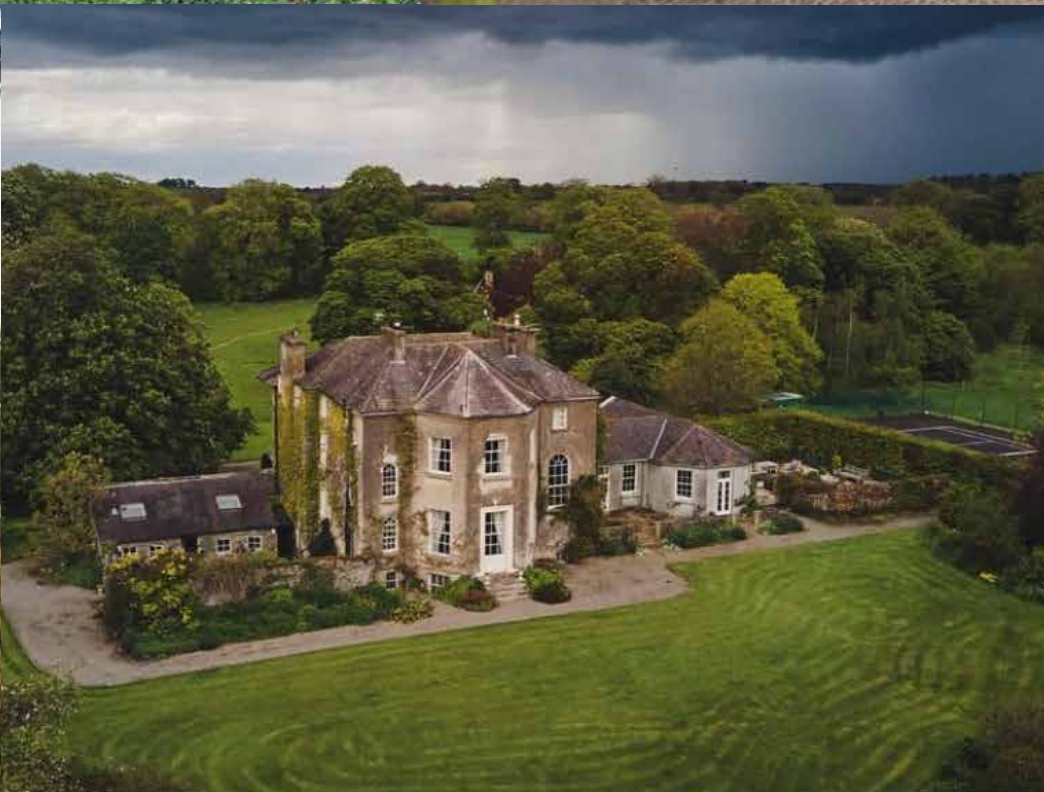
What's happening on SATURDAY

	THE BIG SHALA	THE LITTLE SHALA	CHAI GARDEN	THE FIRE PIT
6:00am	Run, Breathe & Swim. Cold water swimming			
7.00 - 8.00am	Morning Meditation		Kids Breakfast	
8.00 - 9.30am	Practice with the Intimacy Project	Kids Yoga with Deirdre		
10:30am	Brunch			
11:30am		Light language sound Healing with Arun	Forest Bathing	James Boag Sanskrit and the Power of Sound
12.00pm	Liberato Method- Workshop			
13.30pm		Women's Yoga with Veerle		Shiva Shatki Meditation
14.00pm	Acro Yoga with Reg		Kids Acro Yoga with Deirdre	
15.00pm			Forest Bathing	
15.30pm				Mantra Circle
16.00pm	Yoga Dance Veda	Breathe, Write, Relax		
18.30pm	Dinner			
20.00pm - 22:30pm	Liberato Method			
22.30pm - 23:30pm	Gong Bath			

What's happening on SUNDAY

	THE BIG SHALA	THE LITTLE SHALA	CHAI GARDEN
6:00am	Run, Breathe & Swim. Cold water swimming		
7.00 - 8.00am	Morning Meditation		Kids Breakfast
8.00 - 10.00am	Practice with James Boag	Kids Yoga with Deirdre	
10:00am	Creative Writing		
11:00am	Brunch		
13.00pm	Closing Ceremony		
17.00pm	All off site		





MEET THE TEACHERS



James Boag

Originally from Yorkshire, UK, James teaches yoga and applied yoga philosophy globally. James is known for his storytelling, his rich kirtans, deep meditations, principle-based approach to asana and movement, and for bringing the timeless wisdom of the traditional scriptural teachings vividly into the context of our lives today. He has been teaching for over twenty-five years, teaching yoga since 2003 and leading integrated programs on applied yoga philosophy around the world since 2009. He regularly returns to Mysore in South India where he completed his MA in Sanskrit, to lead courses on the Bhagavad Gita, Yoga Sutras and Indian Mythology.



Xandy Liberato

The Liberato Method is a body reeducation technique. It is the result of a research on dance and the multidimensionality of the body in motion, carried out by Xandy Liberato and his team during the years 2009-2020. The practice invites us to remember and reconnect with the freedom and purity of the body in motion. At the same time it provides a body reeducation system, offering us the possibility of recognizing our body, with the aim being to develop our abilities and enhance our body awareness and expression, having a positive impact on health. The Liberato Method integrates a set of theoretically and empirically based techniques and exercises which is totally adaptable and applicable to different fields, conditions, or life situations.

MEET THE TEACHERS



Ana Eveleigh

When you find yourself in a state of imbalance it is coming back to simplicity which allows you to become balanced again. This is the essence of what Ana shares and the foundation of her Life. Through her unique combination of yoga, QiGong and energy movement, Ana guides you through your own practice. Creating space for you to breath in your own body, and move in you own way to bring all the energies into balance. Ana's true passion is to connect you to your true self so you are able to dance and thrive in your purpose. Her down to earth, real-life application makes anything seem possible. Her nature is intuitive, creative, joyful and she will ensure you receive exactly what you need. The unachievable, is achievable. You just have to believe.



David Hirtenstein

In 2013 David quit his job and decided to walk from Europe to India, following the path of the heart. He is dedicated to the practical application of spiritual teachings in life. After studying with many teachers from different traditions, his own daily practice is breath led intuitive movement, balanced with stillness. As a foundation, he follows the principles of Raja Yoga, and believes each of us has the capacity to go beyond habitual patterns and ways of thinking to express the unique beauty that is inside, allowing us to live in peace, harmony and love, with ourselves, each other and the world we all share. By integrating a nourishing daily practice into our lives, we listen to the silent song of the heart, and open more fully to love. Nature takes care of everything else.

MEET THE TEACHERS



Reg Lukosius

AcroYoga is a dynamic physical practice that combines acrobatics, yoga and healing arts. It involves careful movements between partners and cultivates a unique sense of playfulness, trust and connection. We will play some games to warm up, learn some main moves and poses, spend some time practicing/exploring and wind down with a taster of Thai massage.

No prior experience or knowledge is required, AcroYoga is accessible to everyone. Reg brings his diverse knowledge and experience into his classes, which can vary from gentle Yin to really challenging, but still accessible, power flow. Body awareness and breath are always at the core of it all and Reg's love of arm balances and inversions almost always play a part in his classes.



Global Soul

Global Soul is a music collective, our current members are Emma Lock, Grant Ford, Michael Meakin, Sara Hanrahan, Tanya Plavans and Vincent Daniau. Hailing from England, Canada, Ireland, Moldova and France this multi cultural group covers the wide musical gamut from pop to orchestral. For The Gathering we have created a unique soundscape through the Chakras. 'Journey to the Interior' is designed to take you on a personal vibrational journey from the Muladhara to the Sahasrara Chakra, then grounding you safely back down to your roots. We aim to guide you into a deeper relationship with the self whilst aiding healing and relaxation. In joy.

MEET THE TEACHERS



Volker Linder

Light Language can dissolve your blockages - on a physical and energetic level. You can effortlessly free yourself from old patterns of thought and behaviour and make spiritual quantum leaps. What do you have to do? Nothing - except being there with your receptive open mind, letting the sounds generated live and amplified work on you and letting go of all ballast. We approach the topic playfully in the session by dancing freely, taking simple intuitive yoga postures, shaking our bodies and freeing our breath... Then Arun will tune in to the energy of mother earth, the surrounding land and aura of the participants and generate 30 - 45 minutes of intuitive healing vibrations while you simply lie down or sit or stand.



Eleanor Moran

Eleanor Moran is a nurse for twenty five years and commenced her training to be a yoga teacher twenty two years ago. She is also a Forest Bathing guide. She owns Boyne Valley Forest bathing based in Ireland's beautiful and historic Boyne valley.

"I'm passionate about cultivating our natural connection with the natural world through our senses and a embodied practice. I use my experience as a nurse and yoga teacher to help people obtain optimum health and wellbeing. Following our global crisis and messiness from Covid there is a bigger need than ever to get outdoors and feel the support and love Mother Nature has to offer"

MEET THE TEACHERS



Martha Tena

Originator of Yoga Dance Veda, system that combines yoga, organic movement, psycho- corporeal techniques, traditional Indian myths and the wisdom of the archetypal psychology. She studied Social Work and specialized in women, violence prevention, intervention in risk and social exclusion, and community development. For 13 years, she carried out her work in social projects and as a teacher in public organisations in Madrid, Spain. Martha has lived in India for a few years, traveling regularly until 2020, nurturing herself and deepening her spiritual practice. Currently she lives in Spain, leading the teacher training of Yoga Dance Veda, offering mentoring and private sessions of Yoga Therapy.



Veerle Genens

Besides being a Yoga Teacher & Women's health facilitator, Veerle is also a psychotherapist, combining mystic Eastern traditions with Western Psychology. She is deeply passionate about the feminine path of spirituality, ancient Tantric Goddess Mythology and womb wisdom. For Veerle her yoga mat, preferably outside in nature, is a sacred space of a moment to moment intimacy with her most inner self. She invites students to tap into hidden inner resources as well as a greater, loving intelligence guiding you into greater clarity, fulfilment, softness and trust. Ultimately Yoga is the most intimate dance of living in harmony with nature and honouring her rhythms and cycles within us all. Along this path of feminine embodiment and cyclical wisdom, Veerle fell in love with the harmonium and offers mantra medicine through her music.

MEET THE TEACHERS



Claire Steele

These writing workshops are designed to be both restorative and uplifting. If you seek peace, space and the inspiration to rekindle your writing practice then the workshops offer a revelatory time of creative pleasures. Writing together prompts the sense of being transported somewhere utterly beautiful, a place rich with possibility and beauty, a space where instinct, experiment and mystery abound, a space for that unique and irreplaceable encounter with inspiration. We write to remind ourselves of a life lived with intensity and truth, a life of colour and laughter and connectedness. These are the things we can bring back into our daily lives and they will sustain us, recalling to us the simple life-affirming wisdom of spending time with people and in places that set a spark in the soul.



Deirdre Ryan

Deirdre is a Yoga Therapy and Training Centre graduate. She has been teaching since 2003 and brings a wealth of experience to her classes. Being a Mum she saw the many benefits Yoga brought to her own children and began her Kids Yoga Teacher Training in 2005. As a Yogabugs qualified teacher Deirdre has taught in schools and has been creating playful Yoga Workshops for children for more than 15 years. Deirdre brings lots of fun, music, stories and mime to her classes and encourages the children to bring their own ideas and allow their imagination be a big part of the class. A keen Acroyoga enthusiast, Deirdre has incorporated Acroyoga into her children's class with great success and has helped to create family Acroyoga workshops.

MEET THE TEACHERS



Helen Burke

Helen has been teaching yoga and working with sound for 16 years. She likes to move energy and watch people heal and lighten, be it via Kundalini Yoga or big soundscapes and specialises in tuning in to what the room needs energetically.

If you'd prefer something calmer:

Helen teaches Vinyasa, Prenatal and Kundalini Yoga in South Dublin and Wicklow for 16 years. The gong is known as 'The jewel in the crown of Kundalini Yoga' and having trained with Sheila Whittaker in Devon she holds regular gong baths and sound meditations and collaborations around Ireland.

Helen teaches on the Elbowrooms 300hr advanced teacher training (Introduction to Kundalini Yoga) and also guest lectures with Sallynoggin College of Further Education (Introduction to Meditation and Sound).



MEET THE CHEF

Lu Thornley

Lu's restorative retreats in Ireland incorporate yoga and nutritious cooking, with particular spotlight on the use of spices and wholefoods. Over the past decade, Lu's frequent travels to the Indian subcontinent has deepened her love of the varied regional cooking traditions, whilst also opening a path of discovery to yoga and its 5000 year-old history.

Come be a part of THE GATHERING FAMILY

Pre Event Volunteers

Come a day early and help decorate the site with bunting, flags, hay bales, cushions and all sorts of other things.

In exchange for coming a day early and giving 6 hours on Thursday and 6 hours on the Friday, you will receive a Free Pass for the whole weekend including 2 meals a day!

Post Event Volunteers

6 beings that are willing to stay an extra night and help take down all the decoration.

In exchange for 12 hours of work, pre or post event, you will be able to come and enjoy the whole event. During the event, we may need a little help at some points, but nothing too much. And only if it is ok for you at that time.

Event Day Volunteers Ticket Price €80

6 hours in exchange for a pass for the whole weekend including meals

Campsite Stewards

6 beings to be on hand between 10am - 4pm on Friday 29th to assist the parking for the campsite.

Servers

16 servers will be required to assist with 1 of the 2 Indian banquets that will be served a day. Roles will include refilling the buffet table, clearing and washing up.

There are 4 meals served throughout the weekend, 2 hours of assistance will be required at each meal time. Each server will assist with 2 meals

Pick up Sticks

6 Beings that are willing to do 2 x 2hr shifts to help pick up any litter from the campsite and main space, and keeping the facilities clean and topped up with soap etc..

Stewards

9 stewards to be near to the main spaces to help with any set up that may be required for the workshops. Each volunteer will do 1 x 4 hour shift based in one of the spaces.

Kids Area

8 People who are able and happy to help with the kids breakfast, kids yoga and be a part for a kids craft activity. Can you do Face painting? Garda vetting required!

CAMPING & TICKETS

Camp Site

The camp site is right next to the main event, with space for parking on one side of the field.

There is no power in the field to discourage us from using our devices.

Toilets and showers will be available to people, as well as a fresh water stream running by.

Please only use eco friendly products that are 100% safe to be put straight back into the earth.

Whether you bring your tent, or your camper van, there will be space for you.
If you are bringing a camper please let us know so we can allocate enough space.

Tickets

All tickets include a place in the campsite, 2 meals a day for the adults, breakfast for the children and access to all workshops.

Adult (12 yrs+) 375 euros

Children 7 - 12 yrs 200 euros

Children 4 - 7 yrs 20 euro

Volunteer Tickets

Decor Team Volunteers - Free - 10 available

During Event Volunteer - 80 euro - 45 available

Post Event Volunteer 80 euro - 6 available

Please see link on website for more information.

Therapies

Head, Back & Shoulders 45 minutes - 55euro - 20 available

Full Body Massage 60 minutes - 85euro - 20 available

Reflexology 45 minutes - 55 euro - 20 available

Reiki 60 minutes - 75 euro - 20 available

Please select the treatment you would like as you will not be able to purchase at the event.
Your time will be allocated and must be adhered to.