

A VIRTUAL RETREAT

REVIVE

APRIL 18 - 19 2020



CONTENTS

pg.3

CLASS DESCRIPTION

An insight about classes and your instructors.

pg.6

PRACTICE

Your home guide to techniques you have learnt in class.

pg.5

SCHEDULE

Your weekend timetable



CLASS DESCRIPTION

BARRE TRIBE

Barre is a dynamic blend of pilates, yoga and ballet barre exercises. The combined elements of the different methods fuse to form a challenging and exciting workout, which stretches and sculpts the muscles, whilst burning fat. Balance, strength, stamina, power, flexibility and motor control all improve. This low impact, high intensity workout produces dramatic results that sculpt and redefine the entire body, without even being a dancer. The total body workout lifts the buttocks, tones the thighs, flattens the abs and sculpts the arms, whilst protecting the joints. Small isometric contractions are performed and integrated with an interval training approach that burns fat and improves cardiovascular fitness. Posture, flexibility, stamina and core strength improves.

YOUR INSTRUCTOR: Sinead holds over 20 years experience in the health and fitness world. She originally trained in Performing Arts and is a qualified yoga teacher and pre and post natal instructor. She has been teaching Barre classes in Guernsey since 2013. She is currently studying as a CHEK practitioner.



www.barretribe.com
www.facebook.com/barretribe

SIMPLY BESPOKE FLORISTRY.

Happiness is a workshop full of flowers and new ideas. I love to try new concepts and something a little different. The sense of anticipation before a wedding or event and creating something beautiful from the flowers standing in my workspace is what I love. I am truly lucky to have found a craft that brings me such joy and fulfilment.



www.facebook.com/simplybespokeguernsey
www.instagram.com/simplybespokeguernsey
www.simplybespokeguernsey.co.uk



BEINSPIRED

YOGA NIDRA

Emma teaches an intuitive and attentive form of Hatha Yoga; an asana (posture) practice which combines classic postures with breath work and with awareness of the connection to the subtle body and recognition of the sacred. Emma actively encourages students to take responsibility for their own yoga experience with the intention of allowing them to explore their individual spiritual, emotional and physical needs. The class will finish with Yoga Nidra which is a deep, transformative and healing guided relaxation.

YONI YOGA

Yoni yoga is a deliciously feminine, nourishing, nurturing and empowering approach to yoga for women of all ages and stages of life. This transformational practice provides an opportunity to embody a move from contraction to expansion to help women connect with, and wake up to, their own inner wisdom, and encouraging them to step further into the creative, intuitive and beautiful goddesses that they are! The practice itself will be gentle and fluid incorporating various Tantric yogic techniques including asana (postures), pranayama (breathing exercises), mudra (gestures), Bija mantra (sound), and relaxation.

YOUR INSTRUCTOR: Emma has been teaching yoga since 2005 and practicing since 2003. It was a deep depression, an aching body and a fragmented soul that brought her to yoga and Reiki and she accredits both to saving her life. Emma is an experienced teacher who sees yoga as a spiritual practice, a way of life. Emma teaches a form of Hatha yoga that she finds difficult to define as she doesn't want to limit it. Sometimes the practice is flowing, sometimes static, but always at its heart it honours the sacred.

www.beinspiredby.co.uk

www.facebook.com/beinspiredyoga/

www.instagram.com/beinspiredyoga/

be inspired



BREATH SPACE

BREATH & MEDITATION

The Saturday session will be focused on awakening the energy body and stimulating lymphatic flow.

Starting with Jattis – translated as ‘soap and water’. A sequence of movements that open and stretch tissue and release stagnant energy. There will also be specific breathing practices to aid in creating space both mentally and physically. No experience is necessary, simply the willingness and openness to explore and let go.

Sunday evening we will unwind, breathe deep and relax. This session will take you through some breath led body movements, that will unwind any tensions both mentally and physically. Following this, specific breathing practices will be explored to calm the nervous system and steady the mind, leading you into a deep sense of stillness, silence and spaciousness.

YOUR INSTRUCTOR: Nicky Jenkins has been in the health and well-being industry for 30 years, the last 20, teaching yoga. She is also a trained PT, Massage therapist and Mindfulness Teacher. The last five years Nicky has dived deeply into all aspects of breathwork. She has travelled globally to study and teach and continues to share what she loves through retreats, workshops and online sharing's.



breathspace

breathwork - meditation - movement

www.breathspace.co.uk

www.instagram.com/bhavanibreath/

www.facebook.com/bhavanibreath/



REVIVE RETREAT

THE SCHEDULE

DAY 1 | RELAX

8:00AM BREATH SPACE
Awakening the Energy
Body
with Nicky

10:30AM MEDITATIVE WALK
Solo activity

12:00PM BARRE TRIBE
Power in the Pulse
With Sinead

6:00PM BEINSPIRED
Yoga Nidra
With Emma

DAY 2 | RENEWAL

8:00AM BARRE TRIBE
Lengthen & Flexibility
With Sinead

10:30AM LIVE FLORISTRY
DEMONSTRATION
with Claire

12:00PM BEINSPIRED
Yoni Yoga
With Emma

6:00PM BREATH SPACE
Unwind, Breathe Deep &
Relax
With Nicky

HOW TO JOIN US ONLINE:

Download the latest version of ZOOM (we would recommend leaving plenty of time for this so that you can avoid any last minute hiccups before your class starts.)

Look out for an email from your instructor with the ZOOM meeting link around 15 minutes before the start of class. Don't forget to check your junk mail

Join the 'meeting' 5 minutes or so before class with your audio and video turned

on so that the teacher can say hello. When the class starts you will be asked to turn your audio off.

PROPS

Yoga Mat

Blanket

Eye Cushion

Hand Weights no heavier than
1.5KG *alternatively you can use
bottles of water or tinned cans*



You cannot
always control
what goes on
outside, but you
can always
control what goes
on inside