

Helen Morrow

## June Summer Yoga Charity Walks

**When?** Most Monday and Tuesday Mornings **from Tuesday 6th June 2017,**  
**no dogs please.**

**What time?** meet at 10.15 walk starts 10.30 sharp

Keep morning free as hope to last 1 -1/2 hours with option for coffee afterwards yet you can leave early if necessary. **Bring a friend or family member who wants to try outdoor yoga.**

**What to wear?** clothes & shoes you are not afraid to get dirty, prepare for all weathers, bring raincoat and sunhat, glasses and sun screen and a plastic bag with something in it to make a seat. **No mat required.**

**Cost?** voluntary contribution for charity - (and own *coffee* money)

### **What is a yoga walk? and what will we do on the walk?**

While waiting for group to gather we can chat. Before we move off I will explain the theme of the morning. **We will be cultivating *stilling* the busy chatter of the mind by not talking for part of the walk but observing all we see, hear, feel and smell. We will find a suitable place to do breathing exercises and stretches.** *If possible* we can sit or lie down, depending on weather and ground, we can try different types of meditation, stretch and relaxation. Our aim is to improve our sense of well - being by connecting with the simpler things in life - fresh air, exercise, nature, friendship and our true self.

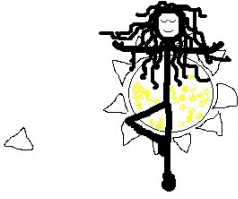
### **June Dates for Yoga Walks**

**Week 1 Tuesday 6<sup>th</sup> June Marley Park** meet up at **Grange Road** car park, near **Wicklow Way marker stone**, Grange Road main car park. **If concert restrictions on, park carefully in estates opposite and meet up at Marley House steps. If late, we start in the Georgian walled garden entrance through the café.**

**Week 2 Monday 12<sup>th</sup> June Tuesday 13<sup>th</sup> June - St Endas** - meet up at Grange Road Car park near old bus terminus near old bus terminus. Off Sarah Curran ave ( drive down Grange Road Marley on your left, take right fork at Taylor's Lane lights. Pass first entrance on left to house, take second turn this is playing fields car park.) Meet 10 .15am.Start 10.30. if late we are starting in walled garden beside museum.

**Week 3 Monday 19<sup>th</sup> June Tuesday 20<sup>th</sup> June Marley Park** meet up at **Grange Road** car park near **Wicklow Way marker stone** or **if concert on meet at steps Marley House – park carefully in estates opposite.**

**Week 4 Monday 26<sup>th</sup> June Tuesday 27<sup>th</sup> June St Endas** - see above instructions



Helen Morrow

## July Summer Yoga Charity Walks

Monday and Tuesday Mornings from **Monday 3<sup>rd</sup> July 2017, no dogs please.**

**What time ? meet at 10.15 yoga walk starts 10.30 sharp**

Keep morning free as hope to last 1 -1/2 hours with option for coffee afterwards yet you can leave early if necessary. **Bring a friend or family member who wants to try outdoor yoga.**

**What to wear ?** clothes and shoes you are not afraid to get dirty, prepare for all weathers, bring raincoat and sunhat, glasses and sun screen and a plastic bag with something in it to make a seat. **No mat required.**

**Cost? voluntary contribution for charity - (and own coffee money)**

### **What is a yoga walk and what will we do on the walk?**

While waiting for group to gather we can chat. Before we move off I will explain the theme of the morning. **We will be cultivating *stilling* the busy chatter of the mind by not talking for part of the walk but observing all we see, hear, feel and smell. We will find a suitable place to do breathing exercises and stretches.** *If possible* we can sit or lie down, depending on weather and ground, we can try different types of meditation, stretch and relaxation. Our aim is to improve our sense of well - being by connecting with the simpler things in life - fresh air, exercise, nature, friendship and our true self.

### **July dates for yoga walks**

**Week 5 Monday 3<sup>rd</sup> July Tuesday 4<sup>th</sup> July Marley Park** meet up at **Grange Road** car park, near **Wicklow Way marker stone**, Grange Road main car park. **If concert restrictions on, park carefully in estates opposite and meet up at Marley House steps. If late, we start in the Georgian walled garden entrance through the café.**

**Week 6 Monday 10<sup>th</sup> July Tuesday 11<sup>th</sup> July - St Enda's** - meet up at Grange Road Car park near old bus terminus near old bus terminus. Off Sarah Curran Ave ( drive down Grange Road Marley on your left, take right fork at Taylor's Lane lights. Pass first entrance on left to house, take second turn this is playing fields car park.) Meet 10 .15am.Start 10.30. if late we are starting in walled garden beside museum.

**Week 7 Monday 17<sup>th</sup> July Tuesday 18<sup>th</sup> July Marley Park** meet up at **Grange Road** car park near **Wicklow Way marker stone** or if concert on meet at steps **Marley House – park carefully in estates opposite.**

**Week 8 Monday 24<sup>th</sup> July Tuesday 25<sup>th</sup> July St Enda's** - see above instructions