



28.04.-04.05.2023

IRELAND RETREAT

Brochure



powered by Solaris Tea



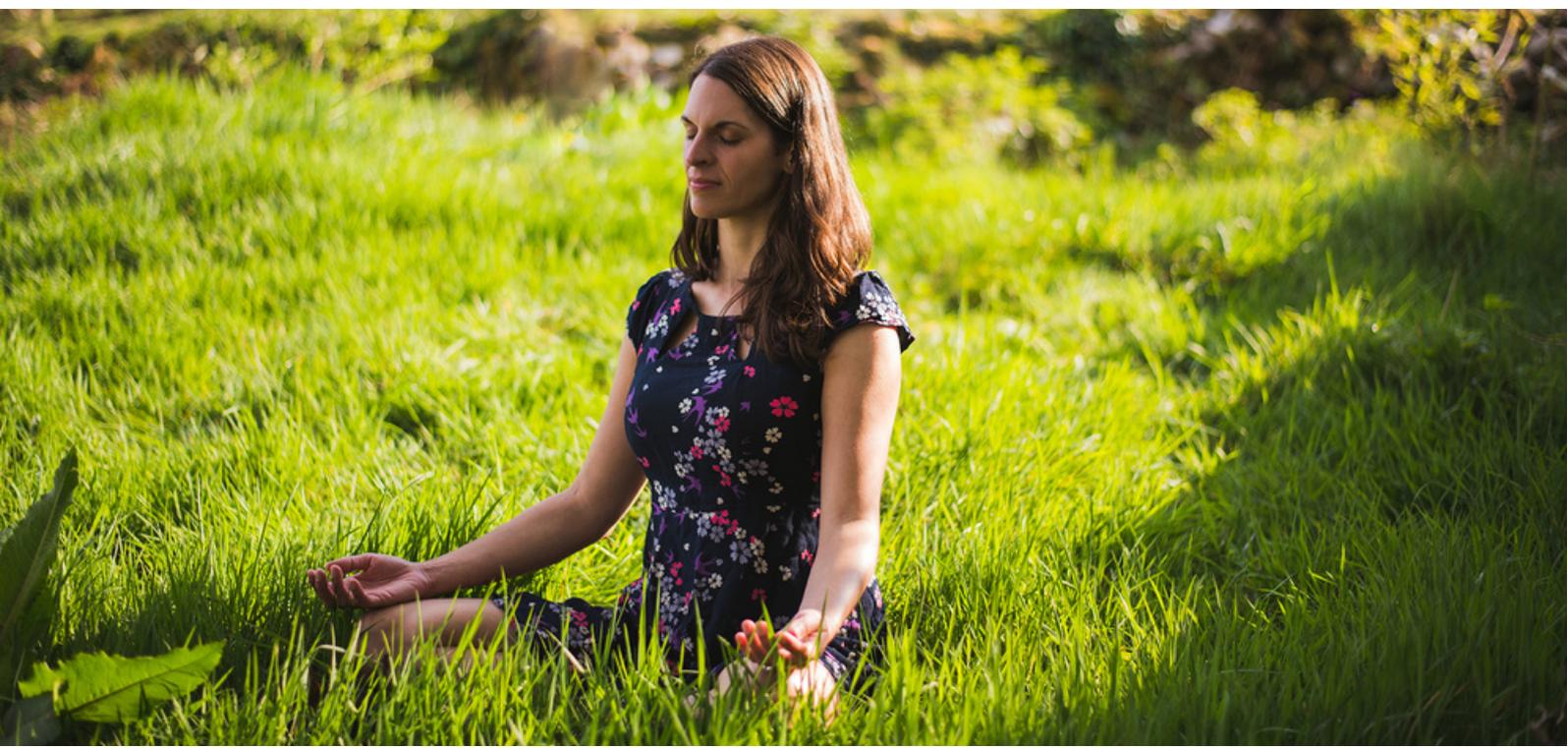
NAMASTÉ

& nice to meet you!

We are delighted that you are interested in our IRELAND RETREAT together with Solaris Tea from April 28th to May 4th, 2023 accompanied by our retreat ambassadors Karin Müller & Miska Chaska.

On the following pages you will find out everything you need to know about the program, accommodation, meals and the included services.

In addition, we offer optional personalised ceremonies & specials that are guaranteed to make your stay in Ireland a unique experience - so that you can indulge in wonderful memories long after your trip!



A photograph of two women smiling and posing together. They are in front of a lush green wall covered in white flowers. The woman on the left has dark hair and is wearing a blue floral dress. The woman on the right has blonde hair and is wearing a pink floral dress. A teal banner is at the top, and a light beige text box is at the bottom.

YOUR RETREAT AMBASSADORS

Karin Müller, is the founder of our favorite tea label "Solaris Tea" a midwife, medical herbalist and meditation teacher from Ireland. Together with her longtime friend Miska Chaska - yoga teacher, founder of the Quinti Ceremonial Cacao and Medicine of Light School, they lead this particularly valuable retreat together.

Karin Müller



Karin Müller is co-founder of Solaris Tea and has been working in the field of wellness and health for over 20 years.

She is a Mother of two, Medical Herbalist (B.Sc. Hons.), practising Midwife (B.Sc. Hons.),

Massage and Spa Therapist and Teacher on a wide range of topics related to Mindfulness, Empowerment, Embodiment and Womens health.

She has years of experience working with women and children during the many life phases with a passionate interest in supporting women to connect to their own inner rhythm and feeling empowered and supported during all life phases.

Her passion lies in skilful communication and creating steps towards more inclusive and creative leadership amongst women.

She recently completed her training with the Medicine of Light studies as shamanic practitioner.

Miska Chaska



Anahatha Yoga teacher (Miska's own yoga style) with 23 years of experience and practice.

She is a modern Shaman, fully experienced, qualified, intuitive healer, massage therapist, Yoga & Meditation, Mindfulness teacher, dancer, singer, Lover of the Human Spirit.

She has been leading workshops, retreats, rituals such as yoga, chakra dance, cocoa rituals, medicine wheel teachings, plant diet retreats) in Europe, Peru, Mexico and the USA for over 15 years.

She lives in Ireland and travels to share this incredible work!

She has many techniques and tools to shed shadows and clear trauma, old patterns, negative and generational imprints that no longer serve.

Her mission is to weave ancient wisdom, natural magic with wellness & beauty, healthy nutrition, to empower women and men, to kindle joy, love and harmony in heart and soul.

Miska's way of living from her heart and her beauty inspires many and helps them to focus on their own heart, their true potential and the fulfillment of life's purpose.

COURSE OFFERING

This time-out is for you if you wish for more connection to your soul, deep connection to your body, want to set a new focus, want to let go of what no longer serves you, for more trust in yourself, find your inner strength again and connect to your feminine to explore a deeper sense of intuition together in a small intimate group.

Our femininity is a gift - women are magical & cyclical beings who draw their strength from their inner center and from nature.

This week's themes will be self-reflection, letting go of too much pressure and moving from ME to WE. You don't have to do anything alone, together we can do so much more.

We are so often in the yang (male) energy that it is essential to nourish your yin (female) energy as well.



*Connecting the sacred womb
to the heart*





Join us in Galway City, enjoy a herbal walk through Birgit's Garden and be inspired by the Celtic Goddesses. A snack awaits us at lunchtime and we serve hand selected & high-quality teas.



Special

Enjoy a luxurious seaweed footbath ritual - a personalized wellness journey with hand selected organic healing herbs and seaweed from the cliffs of the west coast. (40 € pp)

A woman with long brown hair, wearing a vibrant orange sleeveless dress, is seated and playing a large, round, white drum. She is looking upwards and to the right with a focused expression. The background is a lush green forest with a large tree trunk on the left. The word "Ceremony" is written in a white, cursive font across the upper right portion of the image.

Ceremony

Cocoa ritual with Miska Chaska
Your personalized heart, body, mind
and spirit healing journey with
handcrafted cacao elixirs. (40 € pp)

CATERING

Let yourself be pampered in the morning, noon and evening in the 814 Restaurant of the Delphi.

In a refined ambience, the dishes are sourced and selected by farmers and fishermen from the region.

The menu draws inspiration from the region's land and sea.

A tempting selection of vegetarian dishes and fish.

Participants can avail of a luxurious selection of Solaris Chakra and Bloom Teas & Miska's Quinti cacao elixirs to enhance their healing journey throughout the day.

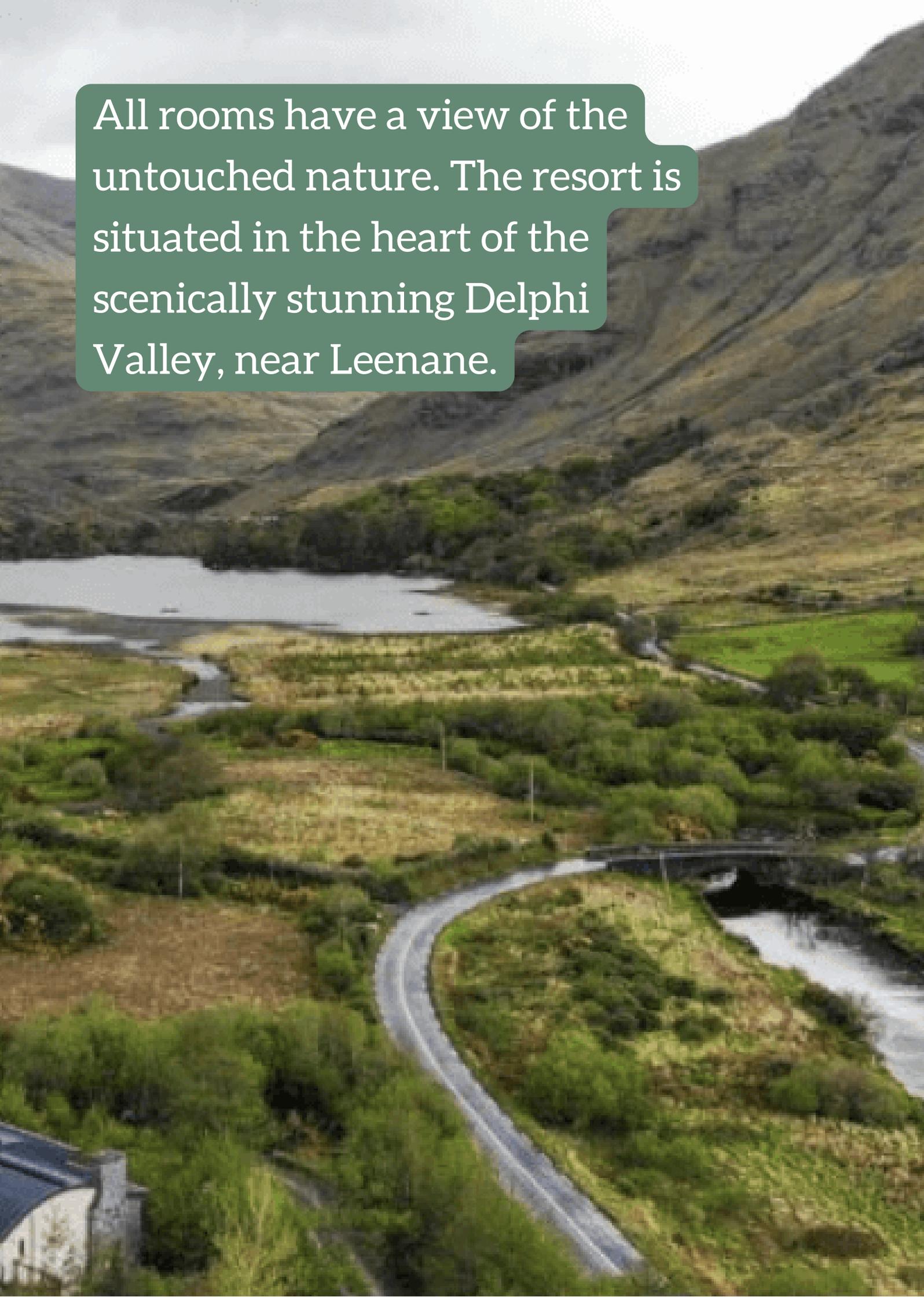


YOUR ACCOMMODATION

For the duration of the retreat you will stay 6 nights in a shared double room (single room surcharge bookable) at the four-star Hotel Delphi Resort in the mountains of Connemara in Co. Galway on the green island of Ireland.



All rooms have a view of the untouched nature. The resort is situated in the heart of the scenically stunning Delphi Valley, near Leenane.



The beautiful in-house wellness spa for adults overlooks the valley and offers you relaxation during your free time!



FURTHER OPTIONAL SERVICES

Through our tourism network and access to professional travel agency systems, we are happy to help you with advice and day-to-day to complete your retreat.

We offer you a selection of flight options as well as the booking of rental cars or transfer services.

Flight / rent a car

We offer you a price comparison via our reservation systems and find the flight/rental car with the best price/performance ratio. This allows you to explore your destination in a relaxed and flexible manner.

We are happy to network you with the tour participants and you can share a car. Think Green!



Travel Insurance

Travel cancellation insurance from our partner Allianz Travel and other travel protection products can be booked as an option.



Ceremony / Wellness

Both facilitators offer you an exclusive and personalised special offering for you on your journey. You can book this on site and pay in cash. We will be happy to put you on the list of participants when you book your retreat.



RESERVATION & BOOKING

You can always book this trip personally via your yoga travel designer by phone or email, just like in your travel agency. We look forward to hearing from you, and we are always open to questions or suggestions about our retreats!

Reservation /Booking

Reserve now for 14 days free of charge!

A booking is always made personally by our Yoga Travel Designers.

A quick phone call or an email to clarify the last questions - or to book your dream trip directly is enough!

We will then send you a booking confirmation.

The deposit is 20% of the travel price and is to be paid immediately by bank transfer or PayPal. The balance is due 28 days prior to arrival.

Additional services (flight / rental car / wellness & excursions can be booked after a binding booking by telephone or e-mail.

The retreat takes place with a minimum of 8 participants. If the trip is canceled because the minimum number of participants has not been reached, the amount paid up to that point will be refunded to your account without exception.

Separate cancellation conditions:
up to 31 days before arrival free of charge
30 to 7 days before arrival 70%
7 or less days to arrival date 0%

We recommend taking out travel insurance!

YOUR INVESTMENT *into yourself!*

With a Yoga & Meer Retreat you go on a special journey. The journey to yourself. Together with selected retreat leaders, we will take you by the hand to integrate the retreat content you have learned into your everyday life beyond the journey.

Overnight in a shared double room in a wonderful property in a stunning location.

(single room for a surcharge on request)



Opening Circle (Day 1)



Morning Shakti Yoga session

Introduction to Herbal Medicine & Mindfulness Practice (Day 2)



Excursion to Galway City visiting Brigit Gardens-Herb Walk, influenced by the Celtic Goddesses, Lunch & Tea Time (Day 3)



Sacral meditation and flow to strengthen the pelvic floor
Introduction to Herbal Medicine "Womb" (Day 4)



Heart-opening meditation with selected herbs (Day 5)



Grounding Anahata Yoga Flow & Introduction to Herbal Medicine
(Grounding)

Visit the beach with the whole group (Day 6)



Complete and nutritious food
Breakfast & Lunch & Dinner



1.998 € p.p

EARLY BIRD BIS 31.01.2023

2.298 € p.p

REGULAR FROM 01.02.2023

NAMASTÉ & NICE TO MEET YOU!

Trained tourism experts with many years of professional and destination experience combine with trained yoga teachers and people with spiritual vocations to create trips for body, mind and soul.



Contact

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