



BEWELL

JANUARY BROCHURE

2022

New Year, New Potential, New Blessings



*"I am thankful for the opportunities that come my way.
What's meant for me will never pass me."*

As we move into the New Year and welcome 2022, we invite growth & evolution of the mind, body and soul.

Harness that loving, healing energy that comes with new beginnings and embody this into the next 12 months.

What are your intentions for 2022?

We have a lot of exciting & inspiring things going on behind the scenes here at BeWell and we can't wait to share them all with you. From special workshops, hearty retreats and our hybrid yoga teacher training courses - it's all happening & we wish for you to join us!

We are ready for the magic to unfold... Are you?



BeWell

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Email: longford@bewell-yoga.com

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A NOTE FOR BEGINNERS



At present, all of our yoga and movement sessions are suitable for Beginners.

If you see 'strong', 'dynamic' or 'intermediate' in the title, that means an element of physical fitness/strength is useful!

This is new for all of us. So, don't be shy... Drop an email, text or give a call so we can point you towards the best class 'fit' for you.

And remember, Yoga is suitable for absolutely everyone. @ BeWell we have a class to suit everyone's needs & goals.

YOGA & GROUP MOVEMENT

WEEKLY SESSIONS & COURSES



MONDAYS

- 07.00-08.00** Early Bird Yoga - Emma
10.00-11.00 Yoga for All - Marta
11.30-12.30 Chair Yoga - Marta
19.00-20.00 Vinyasa Flow - Miriam
20.30-21.30 Gentle Relax Yoga (Yin) - Miriam

TUESDAYS

- 10.00-11.00** Beginners Yoga - Caroline
15.30-16.30 Children's Mindfulness Course *
*Jan 18th - Feb 22nd (6 week course)
17.30-18.30 Introduction to Mindfulness Course *
*Jan 18th - Feb 22nd (6 week course)
19.00-20.00 Beginners Yoga - Marta
20.15-21.15 Intermediate Yoga - Marta

WEDNESDAYS

- 10.00-11.00** Pilates (Beginners Welcome)- Riona
11.30-12.30 Clinical Pilates - Riona
17.30-18.30 Flow Yoga (Strong) - Emma
19.00-18.00 Prenatal Yoga Course*
*Jan 12th - March 2nd (8 week course)
20.30-21.30 Pilates -Lisa





THURSDAYS

10.00-11.00 MudBugs Baby Senses Course*

*Jan 20th - Feb 24th (6 week course)

19.00-20.00 Yoga All Levels - Marta

20.30-21.30 Dry Land Surf Training - Kevin

FRIDAYS

07.00-08.00 Early Bird Vinyasa Flow - Therese

10.00-11.00 Strong Mammias (Pre&Post natal)- Edel

19.00pm Community Events

SATURDAYS

8.30-9.30 Vinyasa Flow Strong - Miriam

10.00-11.00 Vinyasa Flow All Levels - Miriam

SUNDAYS

10.00-11.00 Yoga All Levels - Marta

THE WEEKLY CLASSES...

YOGA FOR ALL WITH MARTA

Whether it's your first time on the mat or you're an advanced yogi, Yoga for All classes with Marta welcomes you. "Yoga meets you, exactly where you are." Try to remember this every time you step onto the mat. You're here for you. Don't worry what others are doing around you, we each have our own unique journey and that's the beauty of it.

Marta guides you through an energizing flow that you can follow at your own pace. Explore your strengths and have fun with this inclusive practice.

CHAIR YOGA WITH MARTA

If you would like to explore yoga but have restrictions that make it difficult to get up and down from the mat then this one is for you. For those with limited mobility, we offer chair yoga as a starting point if you're in recovery or as a full practice if you would prefer the assistance of a chair for weight-bearing. An excellent way to reap the benefits of yoga even if you have an injury or mobility restrictions.

VINYASA FLOW LEVEL 1 WITH MIRIAM

A dance between movement & the breath...

Vinyasa style yoga invites us to recognise the temporary nature of things. Holding a certain pose for a few short moments before seamlessly moving onto the next. It's a representation of each life action that serves its purpose as we move towards alignment. Flowing through transitions to lengthen and strengthen the body before reaching your final destination of relaxation - Shavasana. Suitable for all levels.

GENTLE YOGA WITH MIRIAM

A slow & gentle class that focuses on holding each posture for a few mindful moments to deeply relax into the connective tissues & activate the PNS. If you'd like to soothe the mind and slow down the body, this one is for you. The perfect, recovery session if you're into sport and want to restore the body or if you find yourself overthinking daily and you're seeking stillness of the mind. All levels welcome but beginners will especially benefit from this class.

BEGINNERS YOGA WITH MARTA

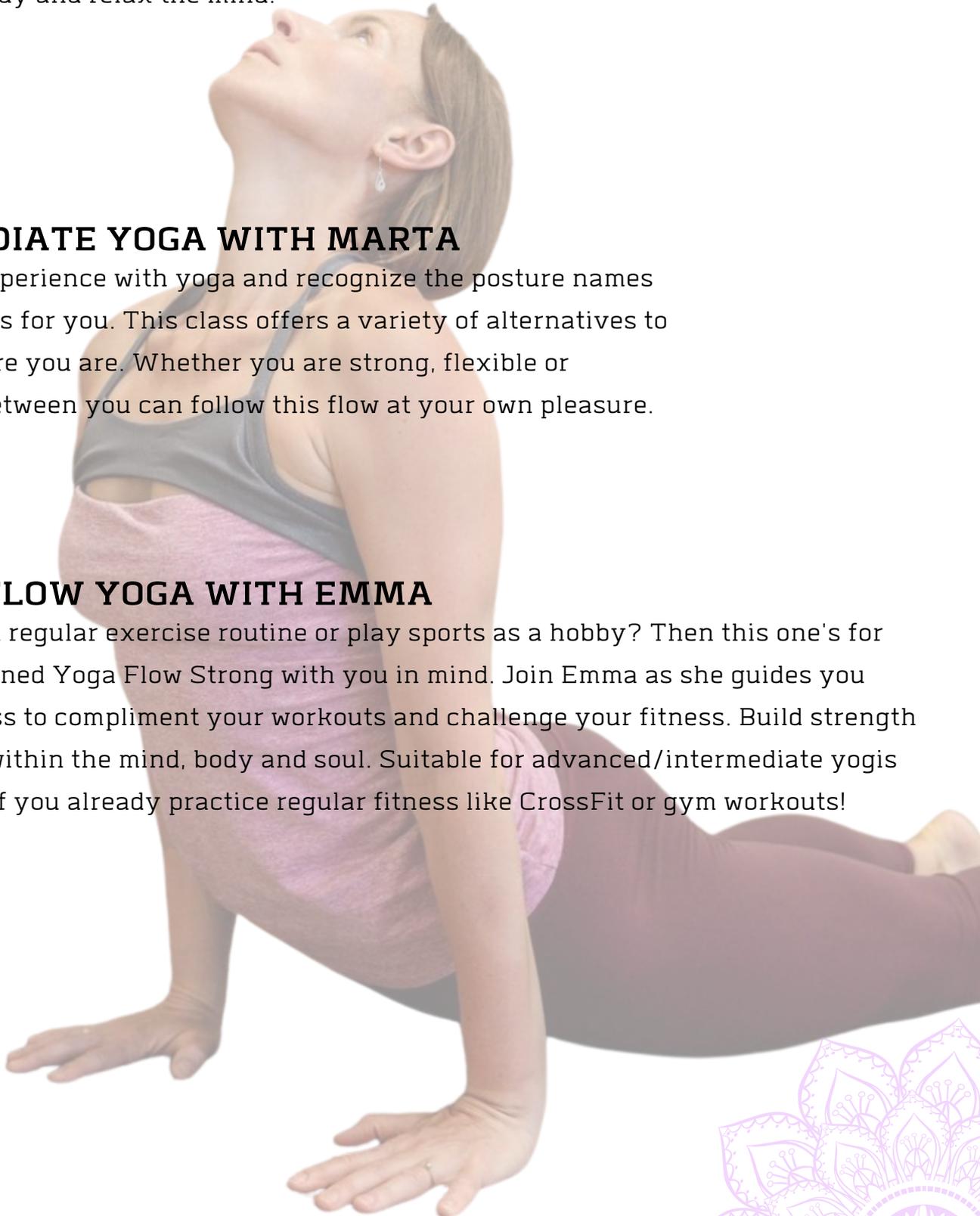
Calling all newbies to yoga or if you've not stepped on the mat in a while and want to ease back into your practice. Beginners yoga is the perfect place to start off as you move through a series of slow & steady postures to open up the body and relax the mind.

INTERMEDIATE YOGA WITH MARTA

If you have experience with yoga and recognize the posture names then this one is for you. This class offers a variety of alternatives to meet you where you are. Whether you are strong, flexible or anything in between you can follow this flow at your own pleasure.

STRONG FLOW YOGA WITH EMMA

Do you have a regular exercise routine or play sports as a hobby? Then this one's for you! We designed Yoga Flow Strong with you in mind. Join Emma as she guides you through a class to compliment your workouts and challenge your fitness. Build strength and stamina within the mind, body and soul. Suitable for advanced/intermediate yogis or beginners if you already practice regular fitness like CrossFit or gym workouts!



PILATES WITH LISA

A practice inspired by yoga, Pilates challenges the mind & body to create awareness within. Strengthen the core, improve your posture and build muscle tone with a series of movements. Beginners & Advanced sessions available.

DRY LAND SURF TRAINING WITH KEVIN

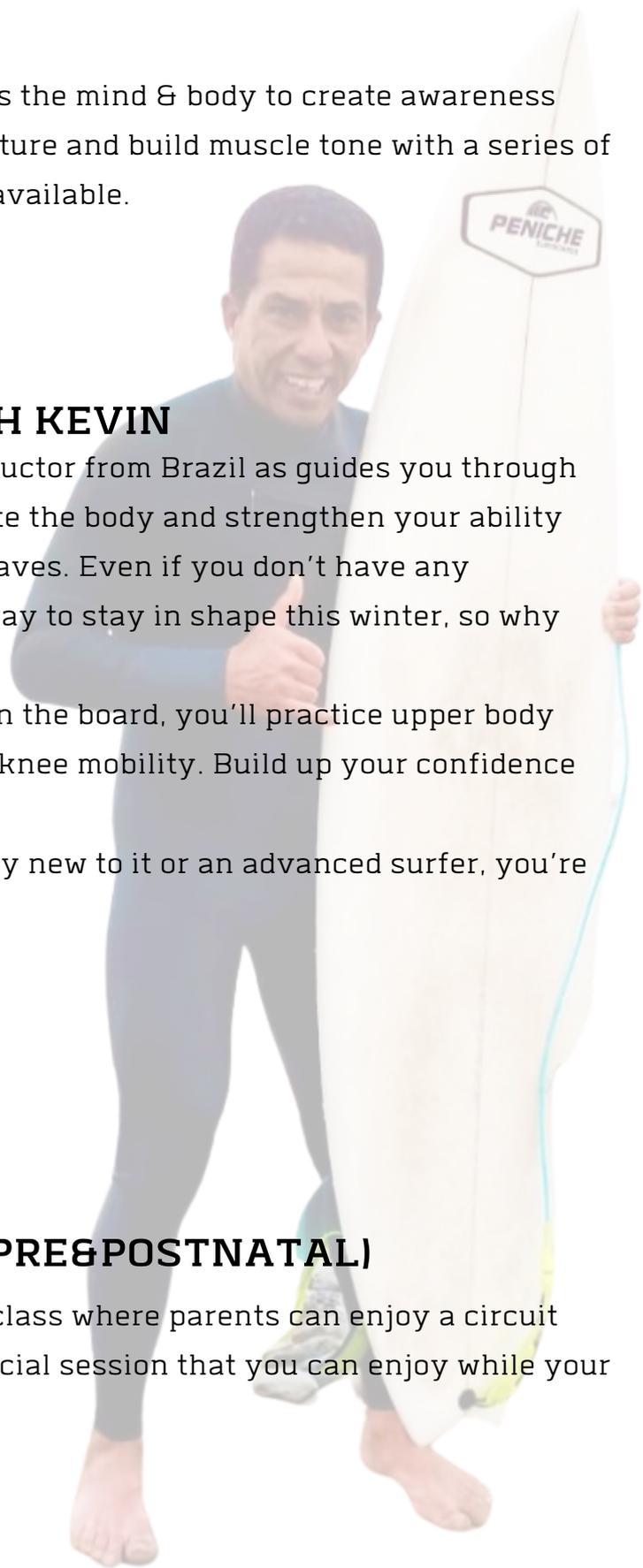
Join Kevin, an ex pro surfer and cross fit instructor from Brazil as guides you through some physical exercises on dry land to activate the body and strengthen your ability to take to the board when it's time to hit the waves. Even if you don't have any upcoming trips planned, this class is a great way to stay in shape this winter, so why not join us?!

With the goal to achieve that perfect pop up on the board, you'll practice upper body and core-focused exercises with a little hip & knee mobility. Build up your confidence so you can effortlessly ride the waves.

All levels are welcome! Whether you are totally new to it or an advanced surfer, you're sure to take something from this fun class.

STRONG MAMMAS WITH EDEL (PRE&POSTNATAL)

Inviting mothers & babies to a relaxed fitness class where parents can enjoy a circuit routine and all young babies are welcome. A social session that you can enjoy while your baby joins you at the studio.





1 x Single Session €12

5x Sessions BeWell Bundle €55

10xSessions BeWell Bundle €100

20xSessions BeWell Bundle €180

Specialised Sessions/Courses*

set course fee or €14-20

*prenatal/baby senses/mindfulness

Direct booking is available on:

www.bewell-yoga.com/longfordsessions

or get in touch with us by phone on

+353 (85) 210 7791 so we can support you with your booking

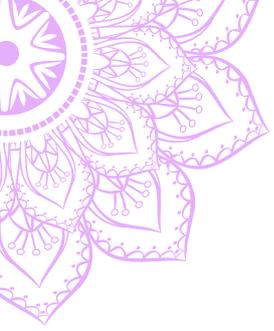
HOLISTIC TREATMENTS

We are proud to curate and offer a multitude of holistic treatments from our beautiful treatment rooms @ BeWell Longford.

If you know you'd like to try out a holistic treatment but are not quite sure which one is for you, we are here to support.

Some treatments support with healing, others with balance in the mind body and spirit.

Some of these treatments are new to Longford. So, don't be shy... Drop an email, text or give a call so we can point you towards the best 'fit' for you and your wellness goals.



BEWELL TREATMENTS

1-1 SOUND TREATMENT · ENERGY HEALING

Using the frequencies of sounds to shift energy and massage tissue in the body, the sound massage is a deep relaxation using singing bowls, tuning forks, bells and chimes on your body as you relax on a plinth clothed with a blanket. The client can choose their favourite sounds if they wish. Sound healing is the application of sound frequencies to a person with the intention of bringing them into a state of harmony, health and balance. The sound alters the state of consciousness and shifts energy. It activates the para-sympathetic nervous system for relaxation and also cleanses the aura.

HOT BAMBOO MASSAGE

Did you know that bamboo is one of the most sustainable materials? It also makes for a luxurious massage experience! A fantastically soothing treatment with heated bamboo sticks, that are rolled, pivoted, seesawed and much more throughout the body. The heat from the sticks relaxes and smoothes out the muscles. Clients say that you can feel the effects long after the massage finishes. It is ultimately a deep tissue massage working on the lymphatic system which encourages drainage and also improves circulation problems.

FULL BODY +HOT BAMBOO COMBINATION MASSAGE

If you can't decide between Swedish holistic or Hot Bamboo Massage (and who could blame you?) Glynis offers the option to combine them. This is the ultimate bliss combining Swedish holistic on the head, face and arms while using the heated bamboo sticks on the larger combination muscles. You can also request a different combination depending on what your preference is or consult with Glynis. Whatever decision you come to, you will leave the treatment room relaxed and recharged.



BEWELL TREATMENTS

FULL BODY MASSAGE

Each treatment will begin with a brief consultation to address any symptoms, medical history, and lifestyle before beginning the physical treatment. Each massage is individually and holistically tailored to the client to achieve maximum results. During a treatment clients can expect the therapist to incorporate five basic strokes, all flowing toward the heart which are used to manipulate the soft tissues of the body. These strokes include kneading, rolling, vibrational, percussive, and tapping movements, with the application of oil, to reduce friction on the skin. The many benefits of holistic massage include generalised relaxation, dissolution of scar tissue adhesions, and improved circulation, which will help you relax and can help prevent injury.

BIOKINESEOLOGY

A holistic health treatment with an emphasis on biochemistry & nutrition.

Benefits include:

- Reduces aches and pains
- Heals injuries
- Reduces chronic pain symptoms
- Improves internal & muscular balance
- Boost immune function
- Relieves symptoms of anxiety
- Improves mental clarity
- Overcome trauma & phobias

REFLEXOLOGY

Reflexology is a type of massage that involves applying different amounts of pressure to the feet, hands, and ears.

Benefits include:

- reduce stress and anxiety
- reduce pain
- lift mood
- improve general well-being
- Improve digestion & boost the immune system





BEWELL TREATMENTS

REIKI

Reiki, meaning Universal life energy. When energy becomes stagnant in the body, whether it's from a physical injury or emotional pain, it creates blocks within that can lead to dis-ease. Reiki is a form of energy healing that removes these blocks and allows energy to flow freely around the body.

Benefits include:

- ☆☆ Harmonizing the mind & body
- ☆☆ Strengthening immune response
- ☆☆ Clearing negative energy
- ☆☆ Release stress and tension
- ☆☆ Encouraging a restful nights sleep
- ☆☆ Detoxifying the body
- ☆☆ Increasing vibrational frequency

SWEDISH HOLISTIC MASSAGE

Treat yourself to full-body relaxation! This wonderful treatment encompasses the clients mind, body and spirit. This massage can be gentle and soothing to bring about a deep state of relaxation, or more deep tissue in order to release tension, knots and sore aching muscles. Depending on the preference of the client, aromatherapy oils can be added. This is full body massage from head to toes.

Available as full-body or part (head, shoulders and neck)

PREGNANCY MASSAGE

Our pregnancy massages are a specially adapted gentle and soothing massage tailored specifically for the mother-to-be. For many women, pregnancy massage benefits include easing aches and pains, as well as facilitating relaxation and preparation for labour.



BEWELL TREATMENTS

ORIENTAL HEAD MASSAGE

A massage of the back and head which combines elements of relaxation massage with oriental massages (Thai, Shiatsu, reflexology). It loosens tense muscles of the neck, shoulders, and back. It relieves back pain and inflammation. Benefits include reduced headaches and prevention of migraines. The massage relaxes the body, restoring clarity of thought and concentration, giving a sensation of lightness and freshness to the head.

LOMI LOMI MASSAGE

Lomi lomi is a traditional Hawaiian massage that uses a combination of massage techniques, nut oils, and elements of prayer to restore energy and soothe the body. It is also known as the 'loving hands' massage. This name helps to explain its principles - the massage works gently yet deeply into the muscles with continuous, flowing strokes, allowing you to relax and give in to the nurturing touch.

Lomi lomi works from the belief that memories are not just stored in the brain and mind, but also in every cell of the human body. The long, continuous strokes of the massage are designed to help the body let go of its old patterns and behaviours, which can cause as many stresses and strains as muscle tension.



TREATMENT SCHEDULE

MONDAYS

15.00-20.00 with Bridget

Full Body Massage (60Mins// €60)

17.00-20.00 with Kristina

1:1 Sound Treatment (60Mins// €60)

Energy Healing (60Mins// €60)

TUESDAYS

15.00-20.00 with Breege

Biokineseology (60Mins// €70)

Reflexology (60Mins// €60)

Biokineseology+Reflexology(120Mins// €130)

WEDNESDAYS

15.00-20.00 with Gosia

Full Body Massages

Swedish 60mins // €60

Deep Tissue 60mins // €70

Hot Stone 60mins // €75

Pregnancy 60mins // €60

Back Neck and Shoulders Massage

30mins // €40

40mins // €45

Oriental Head Massage (40 Mins // €45)

Foot Massage 30mins // €40



WEDNESDAYS

17.00-20.00 with Kristina

1:1 Sound Treatment (60Mins// €60)

Energy Healing (60Mins// €60)

THURSDAYS

14.00-18.00 with Clare

Swedish Massage

60Mins// €80

90Mins// €120

Lomi Lomi Massage

60Mins// €100

90Mins// €150

Lymphatic Drainage Massage

40-60Mins// €80

Back Massage (

60Mins// €70

Maternity Massage

60Mins// €90

90Mins// €130

Reiki

60Mins// €60

18.00-20.00 with Patrick

Reflexology (60Mins// €60)

Hypnotherapy (60Mins/ €60)

SATURDAYS

On Saturdays, Glynis & Bridget work in rotation

10.00-15.00 with Glynis

Full Body Massage (60mins // €60)

Hot Bamboo Massage (60mins // €60)

Full Body+Hot Bamboo Combination 60mins // €60

Elderly/Senior Massage (60mins // €60)

10.00-15.00 with Bridget

Full Body Massage (60mins // €60)



BOOKING YOUR TREATMENT

You can browse, select and book your holistic treatment directly on

www.bewell-yoga.com/booktreatments

or get in touch with us by phone on

+353 (85) 210 7791 and

we will help you set up your appointment.

PRIVATE RENTALS

As much as we'd love to, we can't do
Yoga all day every day!

Our beautiful space is available for
rent for non yoga related events
such as corporate workshops,
corporate trainings, club meet ups,
private gatherings etc.

To enquire, get in touch on
longford@bewell-yoga.com

or

+353 (85) 210 7791

We cannot wait to welcome you to
BeWell Longford in 2022

MEET THE BEWELL TEAM

MIRIAM

Proprietor & lead trainer at
BeWell Yoga Teacher
Training School



Meet BeWell founder & lead trainer at BeWell Yoga Teacher Training School, Miriam.

Miriam began her wellness journey 10 years ago in Lake Como, Italy.

Travelling the world, she has ventured on training courses and specialized workshops in Switzerland, Italy, Spain, Morocco, Sri Lanka and Bali in search of learning ancient Wellness skills rooted in Yoga, Meditation, Ayurveda, Mindfulness, Yoga Philosophy and Sound Healing.

In 2015, Miriam became a certified RYT-200 Yoga Teacher in Ubud, Bali. She has since completed additional yoga teacher training courses in Yin, Ashtanga and Hatha Yoga styles.

Moving back to Ireland in Summer 2019, Miriam launched BeWell Yoga Teacher Training School offering 200 Hours Yoga Teacher Training courses in Ireland, Italy, Morocco and 100% Online. In September of this year, Miriam launched BeWell Longford, BeWell's first Yoga Studio and main Headquarters which offers a variety of yoga and wellbeing classes, courses, workshops and in-person yoga teacher training courses

"My passion is empowering people on their personal journey to wellbeing, and coaching people on daily habits and practices to help them reach their highest potential."



MARTA

Marta was guided towards yoga from her passion for body movement and its functionality. After years as a fitness instructor and personal trainer, Marta took a leap and completed her 200-hour yoga teacher training in Dublin, 2013.

Yoga is part of Marta's everyday ritual, moving through life as both a teacher and student. She believes that each person takes from yoga what is intended for them personally. Every practice is unique to you.

"Practicing yoga helps you to move forward with life, both physically and mentally. The body feels better, the mind is calmer."

Emma

"My dream is to live a healthy, purpose-filled life in service of something bigger"

An intrepid adventure seeker and nomadic Spirit, Emma has been travelling the world and sharing her passion for teaching since 2010. Her self-discovery journey has taken her around the globe from India to Dubai and the Philippines to Sri Lanka.

Over time Emma's practice has taught her to have easier and steadier access to presence, awareness, intuition and self-connection. With a wish to inspire others to live vibrantly in their bodies and move through life with a greater sense of ease, she invites you to join her at BeWell Yoga Studio.



EMMA



THERESE

Therese began her yoga journey in 2016 and is now a trained instructor in Hatha - Ashtanga.

What started off as a home practice soon led to traveling to Rishikesh, India for a 200-hour yoga teacher training course.

In 2019, Therese deepened her practice and completed a prenatal yoga course followed by Buti Yoga which she undertook in 2020.

Moving home to Ireland in May 2020, Therese has enjoyed becoming part of the yoga community here and her studies didn't finish there. By the end of 2020 Therese had completed her 300-hour teacher training and continues to learn and develop her knowledge to harness this into each class. ☆☆☆

Meet Kevin! An ex-pro surfer and BeWell team member from Brazil

In early 2022, Kevin will be hosting a series of surf trips for you all to ride the waves and practice your skills in the beautiful Sligo.

☆☆ Selected Saturdays from Feb 2022

☆☆ 10:00ish - 18:00ish PM

☆☆ Strandhill / Streedagh Beach



KEVIN



EDEL

Edel began her business venture in 2017 after the birth of her little boy Ollie. She couldn't find anywhere close by that offered Mother & Baby exercise classes so she started her own. Edel offers Pre & Post Natal classes at BeWell Yoga Studio. These aren't about killing yourself until you feel like you have done 'something' or pushing your body to 'bounce back'. The classes are about you, listening to how you are feeling after having your baby, not pushing you to your limits. Understanding the fact that you may have pelvic floor problems, a prolapse or your body just isn't strong enough. Classes are also open to pregnant women, a safe environment for you to train in & meet other mums to be in the area.

"I'm here to help you learn how to move your body again, look at your posture, build your strength back up using weights. Your body needs time to repair from the inside out." - Edel



JESS

Jess has trained with Southwest Outdoors Group in Devon, UK as a Forest School Leader as well as having over 10 years' experience working with children in their own homes and in pre-school settings.

Jess' interest of working with children and families in the great outdoors stemmed from her own childhood when the garden seemed like a never-ending wonderland.

"I want to connect children and families with one another through nature. I feel that every aspect of nature has something beautiful and magical to offer the family unit, no matter what the family looks like. I want Mud Bugs to be part of the "village" that surrounds you and your family over the years. I really believe that Mud Bugs can support a life-long love of learning, with nature at the very core of so many of life's lessons." - Jess | Founder of Mud Bugs



CAROLINE

Registered Yoga Teacher- RYT200 Yoga Alliance
BSc Zoology
PGCE- Teacher of Biology and Science - 10+ years
Forest Schools Practitioner
RYA Sailing Instructor

Born in Scotland to a Norwegian mother and Scottish father, Caroline now calls Ireland home.

Raised in and around the wild mountains and lochs of Scotland she grew up with a love and understanding of the deep connections between people and nature. Caroline was drawn to Yoga after facing surgery for a spinal injury. Yoga not only helped create a space to heal physically,

but also offering an opening to reconnect the body and mind, laying a Yogic path towards a deeper, more balanced way of life. Having worked in education for over 15 years with children and young adults Caroline understands the importance of helping children and teenagers to develop a yoga and mindfulness practice, now more than ever they need tools to find calm and peace in these increasingly challenging times. Caroline is currently studying for a Masters in Exercise Physiology and its effect in Therapy at NUI Galway. She is looking forward to being able to offer Therapeutic Yoga to clients living with chronic health conditions and those recovering from injury.

MEET THE BEWELL THERAPISTS



BREEGE

Breege is a trained Biokinesiologist with a Diploma in Reflexology & Anatomy and Psychology. She tests for food sensitivities, Bacteria, Fungus, Digestive issues, Bloating, Acid reflux, thyroid strengthening, Fertility, Stress, Anxiety, Skin rash, TMJ pain, Hormone Balance and helps you to find the root cause of your health problems. Breege also specializes in Fertility issues, Special needs, help with back and body pain through reflexology to help you get back to full health.

“Alternative medicine has interested me for years where I always wanted to practice and have now finally got the chance to study and help clients.

Biokinesiology and Reflexology really help people to get to the root cause, get treated and gain full health again. This is why I enjoy it so much as it’s so successful.” - Breege

KRISTINA

Primary School Teacher · Musician ·
Healing Sound Musician.

Kristina has traveled the world and became a 200-hour certified yoga teacher in Guatemala. She brings this open-mindedness into each session. As a Mindfulness teacher, Kristina helps you to silence the mind & relax the body. Kristina also offers Childrens Musical Mindfulness classes that involves dance meditations, sound baths, visualizations & childrens yoga.



RIONA



Physical Therapy/Integrated Kinetic Neurology

Riona's aim is to treat the body as a whole, taking into consideration the nervous, musculoskeletal and limbic(emotional) systems, often resulting in pain, injury and restrictive movement. With an initial assessment Riona can establish the true cause of the Clients problem and devise a treatment plan. Treatment is tailored to their specific needs and desired outcome.

Services Provided by Riona

- Deep tissue/sports massage
- Full Assessment & explanation
- Sports & Remedial Massage
- Pregnancy Massage
- Muscle Energy Techniques
- Soft Tissue Release
- Trigger Point Therapy
- Dry Needling/Electrotherapy
- Rehabilitation prescription
- Post surgery rehabilitation
- Clinical Pilates - small group and 1 to 1
- Kinesio taping & strapping





GOSIA

Originally from Poland, Gosia has been living in Ireland for a number of years now. Gosia has an abundance of experience delivering various types of Holistic Treatments such as her well known Hot Stone Massage and Deep Tissue Massage. Gosia's previous experience working in 4 star Luxury Hotel Spas is clear to anyone who comes to enjoy her treatments. She is known @ BeWell for her strength and ability to deliver a strong deep massage.

CLARE



Clare is a qualified Massage Therapist and Medical Reiki Master. Currently certified to ITEC & CIBTAC level in Anatomy and Physiology, Massage Therapy, and Infection Control & Prevention. Her skill set has been updated to include various extensions of massage including lymphatic drainage, maternity, hot stone & aromatherapy massage. Having recovered from a serious back injury in 2016, this allows her to empathise with those suffering from chronic pain. She aims to provide natural treatments using a host of natural products and techniques to help alleviate symptoms. She also specialises in relaxation and wellbeing.

Clare has been a Reiki Master since 2012, in 2021 she studied Medical Reiki with Raven Keyes Medical Reiki International.

BeWell Special Workshops

Intimate Sound Healing Ceremony



Soothe the mind, body and spirit as Kristina guides you through a beautiful sound healing ceremony.

A night to relax, release & restore as you are surrounded by candlelights, scents of sage and essential oils. Utter bliss...

☆☆BeWell Longford

☆☆Friday 28th January

☆☆7.00 - 8.00 PM

Spaces are limited, save yours today.

More Info. www.bewell-yoga.com

Ph. +353 (85) 210 7791

Email. longford@bewell-yoga.com



BeWell Special Workshops

IMBOLC Day Retreat



Imbolc, Feb 1st, is the start of Spring in the Celtic calendar - a time of awakening,
a time of emergence and new hope

Join Emma for a day of nourishment that invites you to let go of everyday demands, attune to your inner wisdom and get clear on what visions you intend to birth into action when Spring calls you forth.

Using Celtic wisdom teachings, meditation & journaling for self-inquiry, vision boarding, as well as breath work and gentle mindful movement you will explore what passions, longings, hopes and dreams are percolating deep within.

Saturday 29th January 2022

1.00 - 6.00 PM

BeWell Longford

1pm Arrival and welcome chat/circle

1.30 - 3.30pm Mindful movement, meditation and journalling for self - inquiry.

3.30 - 4.30pm Healthy
snacks and herbal teas

4.30 - 5.30pm Create your vision board.

5.30 - 6.00pm Wind down and relax



imbolc

inner wisdom

More Info. www.bewell-yoga.com

Ph. +353 (85) 210 7791

Email. longford@bewell-yoga.com



Ireland's Hidden Heartlands Wellness Weekends

Join us for a Wellness Weekend deep in the heart of the Irish Midlands.
Deep dive into yoga, meditation, breath-work, journalling, massage, lake dips,
forest walks, sound baths and more..

We have an array of Wellness Weekends to suit all tastes and pockets...

2022 Dates

New Year 'Reset' Retreat

11th-13th Feb

Transition to Spring Retreat

4th-6th March

Spring Retreat

8th-10th April

Spring Yoga & Surf Retreat

29th April-2nd May

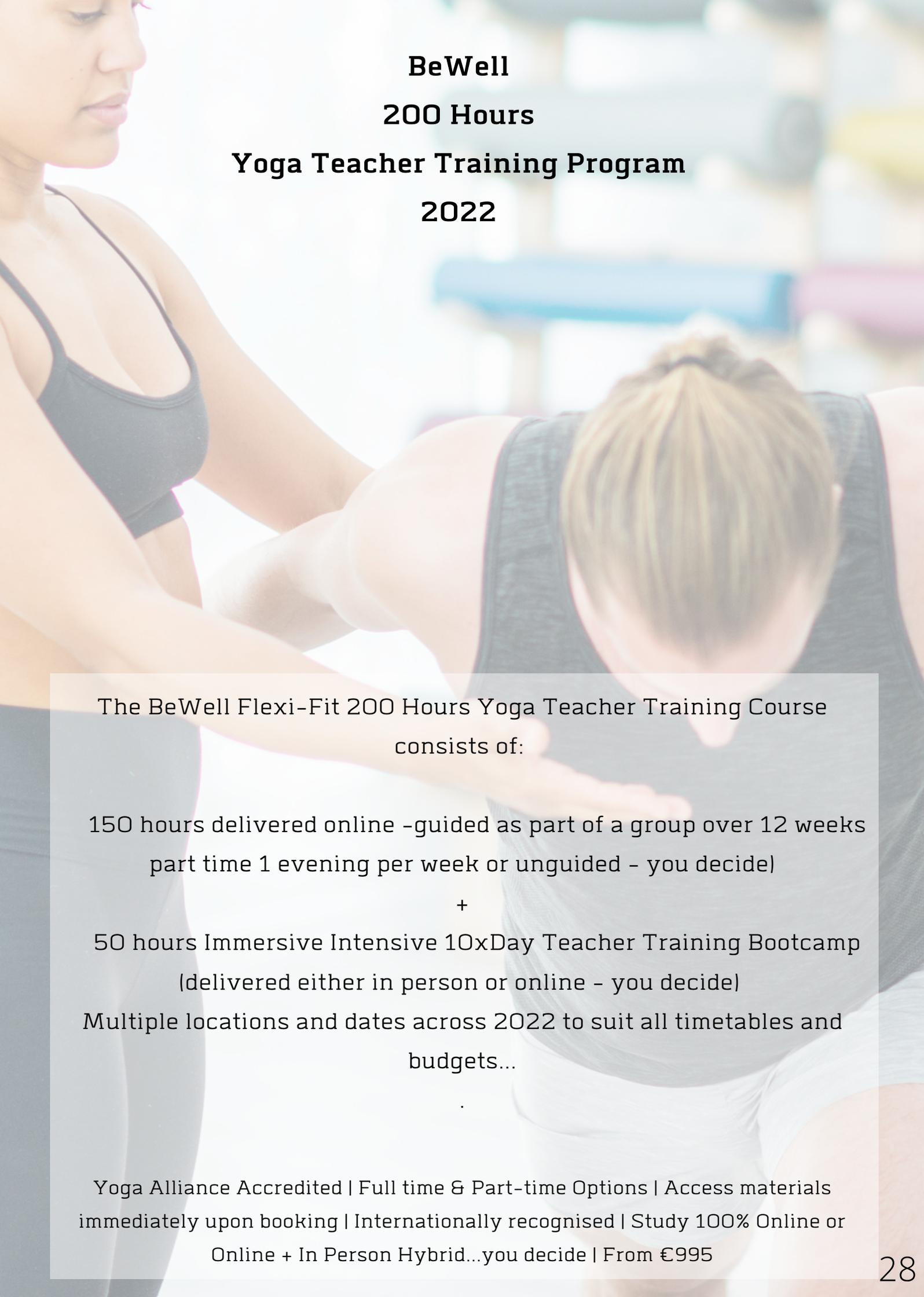
Summer Yoga & Surf Retreat

2rd-6th June

More Info. www.bewell-yoga.com/longfordretreats

Ph. +353 (85) 210 7791

Email. longford@bewell-yoga.com



BeWell
200 Hours
Yoga Teacher Training Program
2022

The BeWell Flexi-Fit 200 Hours Yoga Teacher Training Course consists of:

150 hours delivered online -guided as part of a group over 12 weeks part time 1 evening per week or unguided - you decide)

+

50 hours Immersive Intensive 10xDay Teacher Training Bootcamp (delivered either in person or online - you decide)

Multiple locations and dates across 2022 to suit all timetables and budgets...

Yoga Alliance Accredited | Full time & Part-time Options | Access materials immediately upon booking | Internationally recognised | Study 100% Online or Online + In Person Hybrid...you decide | From €995



BeWell
200 Hours
Yoga Teacher Training Program
2022

Join us in-person at one of our 2022 locations or you access the course completely online - it's up to you!

BeWell Longford
FEB 18th-27th

BeWell Longford
APRIL 15th -24th

Lake Como, Italy
JULY 1st-10th

Taghazout, Morocco

*May be transferred to Fuerteventura, Spain dependant on Morocco Border Restrictions

SEPT 2nd -11th

BeWell Longford
OCT 28th -6th

Dates, days, times and costs available @
www.bewell-yoga.com/200hourstyogateachertraining



BEWELL

We cannot wait to Welcome you @ BeWell Longford in 2022