



BEWELL

2023



BEWELL BROCHURE

DECEMBER 2022 • BEWELL

2023

WELCOME TO BEWELL

YOGA & PILATES
CLASSES

HOLISTIC EVENTS
WORKSHOPS COURSES

YOGA TEACHER TRAININGS
AND RETREATS ABROAD



CONTACT US

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WELCOME

WE INVITE YOU TO SIT AT OUR CIRCLE

It's been a roller coaster 4.5 years of BeWell.

And the past 15 months has been an even bigger adventure having opened our Brick and Mortar Holistic Studio & Headquarters in Longford, Ireland.

With growing services in both Ireland and abroad and new facilitators hopping aboard... this brochure serves as an re-introduction to BeWell and an overview of everything 2023 holds...

We look forward to flowing with you in the New Year...

MIRIAM O REILLY
Lead Trainer & Prioprietor

YOGA

WHAT IS YOGA

So often misunderstood....

Yoga is a life science. An Ancient wellbeing and spiritual lifestyle practise developed in India and passed down through generations.

Contrary to popular belief, Yoga is not only the 'movement' element we see practised in gyms and studios worldwide.

The movement element of Yoga is just '1/8' of what Yoga is made up of. Other elements are breath-work, meditation, lifestyle guidelines, ethics...and more...

It's important to know that Yoga has many styles, many speeds and varying techniques...

At BeWell we suggest that the practitioner first understands their goal for their Yoga practise...then chooses the Yoga style to compliment that goal...

If you don't know where to start, we are here to help. Reach out and we can schedule a call or chat to guide you....



PILATES

WHAT IS PILATES

Commonly compared with Yoga, yet different in its entirety.

Pilates, rather than being a spiritual practise dating back hundreds of years, instead is a mind-body exercise method developed in the 1970s by Joseph Pilates.

The key goal of Pilates is improvement of one's movement patterns for overall better health.

Through life we develop different ways of holding ourselves when we sit, when we walk and when we exercise. The way we hold ourselves in most cases results in overuse of some muscles and underuse of others. As a result we end up with less than ideal posture and aches and pains.

Pilates is a clever low impact method of re-strengthening these muscles. The intelligence is in the method. When the exercise is completed 'correctly' the teacher and practitioner can understand just how much (or how little) strength is in the target area. They can then work slowly, surely and safely, class to class, to rebuild strength in the target area.

Many people join Pilates with lower back issues. When a person has low core strength the lower back is not well supported and susceptible to issues.

By using Pilates techniques, the practitioner can pin point the core area and gently, slowly and safely rebuild strength back - eventually supporting their lower back and alleviating some issues.

Pilates is a fantastic way to gently ease into exercise for people of all ages and abilities. It strengthens, stretches, tones and supports with balance in both the mind and body.

If you don't know where to start, we are here to help. Reach out and we can schedule a call or chat to guide you....





WOMEN'S CIRCLE

At weekends we love to run events such as Yoga Workshops, Cacao Ceremony, Women's Circles and more. Ceremony and Ritual are important for us to hold for our Community as each experience anchors us back to nature and cycles. Whether we work with Weather, Seasons, Lunar Cycles, Traditional Chinese Medicine Calendars or The Celtic Wheel, each ritual is based on a foundation of curating stillness, connection & community. Connecting with nature, celebrating Nature's calendar and understanding old traditions is key to our own journey of finding stillness in the body, mind and soul. And that's what makes Ceremony so special...

- WEEKLY CLASSES 2023 -

Some classes on our Weekly Timetable have become 'staple' parts of the week @ BeWell. We do our best to offer these classes year-round...Find them below!

Weekly Yoga & Pilates Classes @ BeWell 2023

MONDAYS

10.00-11.00 Yoga for All - with Marta
11.30-12.30 Chair Yoga - with Marta
17.45-18.45 Multilevel Pilates - with Miriam
19.00-20.00pm Vinyasa Flow - with Miriam
20.30-21.30pm Yin Yoga - with Miriam

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TUESDAYS

11.30-12.30 Gentle Beginners Yoga - with Miriam
19.00 - 20.00pm Beginners Yoga - with Marta
20.15 -20.30pm Intermediate Yoga - with Marta

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WEDNESDAYS

10.00-11.00 Gentle Beginners Pilates - with Miriam

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THURSDAYS

19.00-20.00 Yoga All Levels - with Marta
20.15-21.15pm Beginners Yoga - with Marta

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FRIDAYS

17.00 - 18.00pm Beginners Pilates - with Miriam*New time for 2023
18.15-19.15pm Beginners Yoga - with Miriam *New for 2023
19.30-20.30pm Yin Yoga - with Aoife * New for 2023

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SATURDAY

10.00-11.00 Multilevel Flow Yoga - with Miriam

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SUNDAY

10.00-11.00 Yoga for All - with Marta



- WEEKLY COURSES 2023 -

For more specialised niche classes, we offer 6-10 week courses.

Weekly Courses @ BeWell Jan-Feb-March 2023

TUESDAYS

10.00-11.00am Multilevel Flow with Miriam

10xWeeks Course from Jan 12th through March 16th

10xSessions @ 100e or 12euro drop in

*some classes may be covered by other BeWell teachers

17.30 - 18.30pm PreNatal Pilates- with Laura

6xWeeks course from Jan 10th through Feb 14th

6xSessions @ 60e or 12e drop in

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WEDNESDAYS

19.00-20.00am Strong Pilates with Lisa

6xWeeks Course from Jan 11th through Feb 15th

6xSessions @ 60e or 12euro drop in

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THURSDAYS

17.30 - 18.30pm PostNatal Pilates- with Laura

*Bring Baby along if you wish

6xWeeks course from Jan 12th through Feb 16th

6xSessions @ 60e or 12e drop in

* This session is also suitable for Prenatal clients who have a solid fitness regime they wish to maintain with Prenatal style Pilates during T1 of pregnancy.

DM us for more information.

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17.30-18.30 Prenatal Yoga - with Therese

6xWeek Course from Jan 12th through to Feb 16th

6xSessions @ 60e or 12e drop in

About: Ease into cosy vibes. Sooth the body and mind with this soulful and gentle

Prenatal course suitable for all levels and trimesters



Pictures: MP YOGA @ BeWell



THE CELTIC WHEEL

Many are unaware of The Celtic Wheel. But, unbeknownst to ourselves we are all vaguely familiar with important rituals and ceremonies contained within. The Celtic Wheel is the ritual calendar curated and celebrated by our ancestors gone before us. It is said that our Celtic and pre-Celtic ancestors were deeply connected with the rhythms and cycles of nature and the stars...

Emma will be back in 2023 continuing her work with Women's Circles dotted around the Celtic Wheel Ritual Calendar. Caroline will also join us offering mindful arts and crafts workshops (such as wreath making) centred around Nature's offerings of the season...

- HOLISTIC TREATMENTS 2023 -

TUESDAYS - WEDNESDAYS - FRIDAYS and SATURDAYS

Indulge in a deeply rejuvenating Holistic Experience @ BeWell
Our studio has been described by clients as 'A Welcome Oasis'. Easy to reach with 'at the door' parking. A sound proofed and well heated treatment room. And most importantly an exceptional holistic therapist who brings with her a range of techniques and years of practise. Your treatment is adapted to your physical and energetic needs. You are in safe, knowledgeable hands,

Full Body Swedish Massage

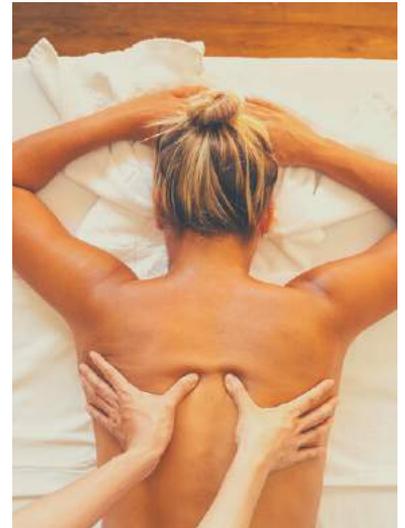
Treat yourself to full-body relaxation! A therapeutic treatment to restore a sense of health to the mind, body and soul. Choose from a gentle & soothing technique to ignite a deep state of relaxation or maybe you crave a deep tissue technique in order to release tension, knots and sore aching muscles. Depending on the preference of the client, aromatherapy oils can be added as a special touch. Head to toe bliss.
Available as full-body or part (head, shoulders and neck)

Full Body Tissue Massage

Treat your muscles to massage therapy with a full body tissue massage. With slightly more pressure than a Swedish massage, your body can enjoy relief from knots, tightness and imbalances within. A combination of slow, lengthening strokes and pressure encourages tension to leave the muscles and connective tissue giving you relief where you need it most.

Full Body Hot Stone Massage

Turn up the healing heat with a Swedish massage complemented with hot stone therapy. During a hot stone massage, your therapist will welcome heated basalt stones onto various locations of the body to ignite relaxation and relieve any tension in the muscles. These stones are created from volcanic rock that is smoothed into flat, circular stones then placed along your spine, into your palms and down along the legs for a deep healing experience.



- HOLISTIC TREATMENTS 2023 -

TUESDAYS - WEDNESDAYS - FRIDAYS and SATURDAYS

Pregnancy Massage

Are you expecting a little bundle of joy and craving some 'you' time? Then pregnancy massage is for you! Prenatal massages are designed specifically for expecting mothers to enjoy some downtime, soothe pregnancy aches, reduce stress and relieve muscle tension. The technique follows that of a Swedish massage with gentle strokes. Just a little note to be mindful that pregnancy massages must not be carried out during the first trimester of pregnancy.

Back Neck and Shoulders Massage 30mins // 40mins //

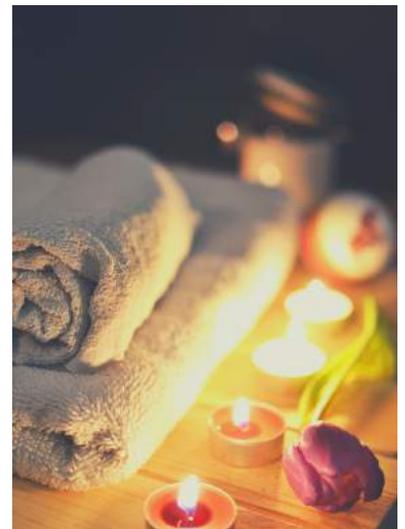
By name, by nature—The back, neck and shoulder massage focuses on... You guessed it, those 3 areas! Living in a world where we experience daily stress and may sit in front of a computer screen for hours on end, our bodies create tension in the back, neck and shoulders. As the 3 spots where we hold stress, this massage is designed to promote stress relief, enhance muscle relaxation and increase circulation so that you can feel rejuvenated and ready to cease the day.

Oriental Head Massage 40 Mins //

Total bliss. During an oriental head massage, your therapist will devotee therapeutic techniques to the head space through Thai, Shiatsu, reflexology methods. If you often suffer from headaches or migraines, this ones for you! Or if you just fancy a deep, relaxation experience you'll also reap the benefits of this calming treatment as you restore clarity of thought and concentration, giving a sensation of lightness and freshness to the head.

Foot Massage 30mins //

Who knew that a simple foot massage could ignite whole-body relaxation? Reflexology stems from Traditional Chinese Medicine and is one of the many holistic treatments that aid recovery of mental, physical, and emotional levels. We all have certain 'reflex points' in the feet that are linked to organs and glands. Stimulating these through reflexology sends signals up and through the body to decrease blood pressure, promote healthy circulation and in turn enhance overall well-being. With 15,000 nerves in your feet alone, it's no wonder people rant and rave about this therapeutic treatment!



CHILDREN'S BIRTHDAYS @ BEWELL

Thank you BeWell dream team for the most amazing day for Penny & Coopers joint 6th & 4th birthday party! Everything was so great on the day and worked out beautifully. Caroline & her team did such a stellar job guiding 2 dozen kids through an engaging yoga session after some ice breakers- she's magic!

The arts n crafts afterwards were a really big hit-a really different type of birthday party and we loved it!

There was space for parents to chill with yummy coffee and be on hand if any little people were shy throughout. There was ample space too for my very active 4 year old to run around excitedly with his friends when his attention waned on the mat and the kids built the most impressive impromptu fort you've ever seen from yoga bolsters and blocks! The kids were front and centre, they'd free reign and played as they pleased- and they had an absolute ball!

Miriam & Aisling took care of everything for us- from themed party balloons to snacks & drinks, party ware and table decorations tied in with our themes-amazing attention to detail-it was seamless and SO easy! All we had to do was show up and party!

I had messages from parents saying how much their kids had enjoyed the day with lots practising their Dinosaur and Unicorn yoga poses going to bed that night! The day really captured everyone's imagination, with treasured memories made for sure.

Thank you BeWell- you've thought of everything and hosted the most wonderful day for us- a fabulous venue and a wonderfully personalised experience! We were delighted with it all! Highly highly recommend! - (Client Review Nov 2022)

**BOOKING IS OPEN FOR 2023 SATURDAY AND SUNDAY
CHILDREN'S BIRTHDAY PARTIES @ BEWELL**

**AS WE HAVE LIMITED WEEKEND AVAILABILITY, EARLY BOOKING
FOR YOUR PRIVATE EVENT IS STRONGLY ADVISED**

PRIVATE EVENT @ BEWELL

We had the best start to my sister's hen celebrations at BeWell studio with Paint & Prosecco. The artist was so kind and encouraging across all ages and abilities. I don't think anyone's glass was ever empty - the BeWell team kept them nicely topped up and the nibbles were delicious. Would definitely recommend as a fun afternoon activity suitable for everyone.- (Client Review Nov 2022)

What type of tailored event will you choose...?

Paint & Prosecco

Paint & Afternoon Tea

Gin Tasting Workshop

Gin Making Workshop

Afternoon Tea by Torc

Cacao Ceremony

Reiki Group Healing & Meditation Session

Women's Circle

Yoga Class or Workshop

It's your choice!

Book your private event @ BeWell for 2023

Use the space for your own event or allow us to facilitate a tailored event for you..

Our 2023 weekends are already being reserved for yoga courses & workshops, children's birthdays and private events such as 'Paint & Prosecco'.

As we have limited weekend availability, early booking for your private event is strongly advised

A memorable, elegant and unique way to enjoy an afternoon or evening with loved ones for a birthday celebration, hen party or baby shower...

YOGA TEACHER TRAINING

200 HOURS YOGA TEACHER TRAINING

Join us...

Part Time @ BeWell Longford

Or

In The Sun...

We have started to showcase our
2023 Yoga Teacher Trainings in
Ireland and abroad.

With the pandemic and
interruptions to travel having slowly
eased off we can finally get back to
flowing under the Winter sun in
Morocco, by the Lake in Como, Italy
and in 5* luxury in Corralejo,
Fuerteventura....

IMPORTANT DATES 2023

Feb - June 2023 - Part Time 200
Hours YTT @ BeWell Longford

March 20th 2023 - 10xDays Intensive
In Person Training @ Corralejo,
Fuerteventura *Luxury 5 Star

July 31st 2023 - 10xDays Intensive In
Person Training @ Lake Como, Italy*

Nov 13th 2023 - 10xDays Intensive In
Person Training @ Taghazout,
Morocco

Sept 2023- Jan 2024 - Part Time
200 Hours YTT @ BeWell Longford



- 50 HOURS YIN YOGA TEACHER TRAINING -

In January we will hold the final days of our 12 Month 50xHours Yin Yoga Teacher Training.

This year long experience has been an absolute pleasure to deliver to our current cohort of Yin Yoga Teachers in Training.

Some news for those of you asking for more compact training in 2023...

The following courses have been booked into our 2023 calendar

More details and info will come in Jan 2023

SUMMER 2023 YIN YOGA TEACHER TRAINING x 50Hours

Part Time x 50 Hour

2xLong Weekends InPerson @ BeWell Yoga Studio Longford

JUNE BANK HOLIDAY WEEKEND

Saturday 3rd

Sunday 4th

Monday 5th

JULY

Friday 7th

Saturday 8th

Sunday 9th

AUTUMN 2023 YIN YOGA TEACHER TRAINING x 50Hours

Location - To Be Confirmed - West of Ireland Residential Option Training

6xDays Intensive In Person

Monday Oct 30th through Saturday November 4th

For more info or to be in the loop

Email: ytt@bewell-yoga.com

Message: +353 85 285 5041



YOGA RETREATS ABROAD

FLOW WITH BEWELL
IN THE SUN

Join us...

In The Sun...

We have started to showcase our
2023 Yoga Retreats Abroad

With the pandemic and
interruptions to travel having slowly
eased off we can finally get back to
flowing under the Winter sun in
Morocco and relishing in 5* luxury on
a private beach in Corralejo,
Fuerteventura....

IMPORTANT DATES 2023

March 29th 2023 - 4xDays/4xNights
Luxury 5* Yoga Retreat @ Corralejo,
Fuerteventura

Nov 23rd 2023 - 4xDays/4xNights
Exotic Luxury Yoga Retreat @
Taghazout, Morocco

**Watch this space for more
retreats coming soon...**



- THE NAIL CLUB BY PATSY 2023 -

TUESDAYS - WEDNESDAYS - THURSDAYS - FRIDAYS - SATURDAYS
@ BEWELL LONGFORD

BIAB

BIAB refill
BIAB fresh set

Lash lifting + Brow lamination COMBO

1 LL + BL COMBO

Lash lifting and Brow lamination done at the same time with a special price!

Lash lifting

Lash lifting is almost like a perm for your lashes; similar to the well-known Brow lamination treatment. They're both ways of enhancing what you already have by manipulating the hairs with chemicals. The treatment is often paired with a lash tint for a bolder enhanced look.

The perfect brows

The perfect brows includes mapping, waxing and tinting.

Brow lamination

Brow lamination is almost like a perm for your eyebrows; similar to the well-known lash lift treatment. They're both ways of enhancing what you already have by manipulating the hairs with chemicals. The treatment is often paired with a brow tint for a bolder enhanced look.

Gel nails

Plain Gel Full set
Gel Full set with 1-5 designs
Gel Full set with designs on all fingers
Gel refill after 4 weeks
Gel refill within 4 weeks
Designs on all nails
1-5 designs on nails
Gel removal
1- 2 nail fix
-4 nail fix

Shellac

Shellac fresh set
Shellac and removal



RAPID REFRAME CLINIC

SUNDAYS - MONDAYS - THURSDAYS @
BEWELL (BY APPOINTMENT)

**PAULA - Adv. Dip. Hypnotherapy,
Mem. - European Assoc. of
Professional Hypnotherapists**

As someone who has believed in holistic health and the power of our mind, it was a no-brainer to study Clinical Hypnotherapy when the chance arose. To me, when we can use a therapy that is safe, non invasive, is quick to bring positive change, can reduce physical as well as emotional pain without the use of drugs, then I'm all for it.

We all have a struggle of some sort in our lives and I want to lessen that struggle for as many people as possible - simply and effectively.

Sometimes we need to 'Reframe' some things in our minds or experiences so we can push forward with confidence and without the negatives that can sometimes hold us back - like fear, anger, low self worth.

Rapid Reframe Clinic (RRC) wants to help you 'reframe' and move forward 'rapidly' thus our name of course.



- YOGA CLASS DESCRIPTIONS -

YOGA FOR ALL WITH MARTA

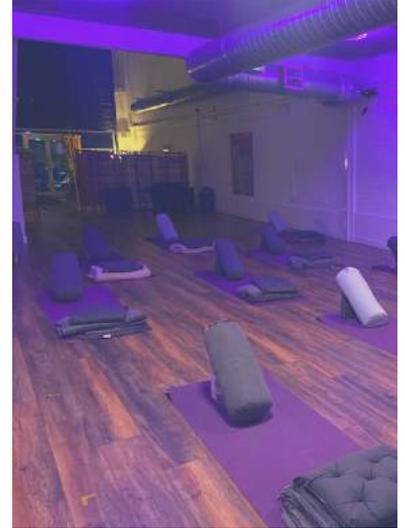
Mondays 10.00 - 11.00am
Tuesdays 20.15-21.15 (stronger practise)
Thursdays 19.00 - 20.00pm
Sundays 10.00 - 11.00am

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

Mondays 11.15 - 12.15pm

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.



MULTILEVEL PILATES - WITH MIRIAM

Mondays 17.45 - 18.45pm

This class started out as a gentle beginners Pilates class. Soon after the practitioners built up their strength and now enjoy a slightly more challenging session. This class is suitable for beginners without wrist injuries/issues. Clients who would prefer to start out very gently and are advised to begin on Wednesdays 10am rather than this one. However, this is more than suitable for healthy, s



MULTILEVEL YOGA - WITH MIRIAM

Vinyasa Flow Style

Mondays 19.00 - 20.00pm

Saturdays 10.00-11.00am

Tuesdays 10.00-11.00am *course

& ...

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.

- YOGA CLASS DESCRIPTIONS -

YIN YOGA

Mondays 20.30 -21.30pm (Also available online via Zoom Live Stream) - with Miriam

Fridays 19.30-20.30pm - with Aoife *new for 2023

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.

BEGINNERS YOGA

Tuesdays 19.00 -20.00pm - with Marta

Thursdays 20.15-21.15pm - with Marta

Fridays 18.15-19.15pm - with Miriam *new for 2023

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.

PILATES STRONG - WITH LISA

Wednesdays 19.00 - 20.00pm

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.

POST NATAL PILATES - WITH LAURA

Thursdays 10-11am *course

We've enjoyed getting to know so many of you Mothers to Be over the past months at our Prenatal Yoga Sessions. This one is for the Mums who have had their babies. Women's post partum Pilates movements and techniques are explored. Equal importance and time is given to co-creation, connection, conversation and chats. Welcoming all recent Mums whether you've been with us for Prenatal Sessions or not. You are welcome and do not need any Pilates experience to join us. Also - bring baby if you wish!

PRENATAL YOGA - WITH THERESE

Thursdays 17.30 -18.30pm

Welcoming Mums to Be to our early evening Prenatal Yoga Sessions. Just bring you, comfy clothes and a mat should you wish. Expect cosy evenings. Candles. Long deep restful breaths. Juicy movements for the body and soul. Heartfelt intentions. All wrapped up in one sacred space...





BeWell

BeWell

@ BeWell we promote the message that Yoga is not just 'stretching' or making fun shapes with your body..

Yoga is seeped in ancient knowledge. It teaches us **accessible every-day practices to rebalance our entire wellbeing. Not just physiologically...but also emotionally and spiritually.**

Everyone, regardless of what life throws at you, can live a daily life charged with vibrancy and vivacity. Sometimes you just need a little Yoga guidance to understand how...

We use **ancient Yogic rituals to unravel the stresses and blockages** that daily modern life has created to help you flow back to your **unique and individual magic.**

WE LOOK FORWARD TO WELCOMING YOU @ BEWELL...