

Directions from Cliffs of Moher

The shortest way from the Cliffs of Moher to the centre is to take the shortcut across country via Lisdoonvarna, Kilfenore, Corofin. Then follow the directions above from Corofin.

The most scenic drive from the Cliffs of Moher is to take the coast road which has beautiful views of the Burren hills as they plunge into the Atlantic, and you will get to see the Aran Islands, Fanore beach and also Galway bay as you drive along the sea shore.

From the Cliffs of Moher, drive towards Lisdoonvarna direction and follow signs for either Coast Road or Ballyvaughan.

Then follow the directions above from Ballyvaughan.

Essential thing to bring with you

- Walking boots (or very good strong shoes)
- Rain gear, including **rain pants** if you have them
- Change of clothes
- Comfortable clothes for yoga practice (shorts if very dynamic yoga)
- Cash to pay for the full course fee (*not credit card or cheque*)
- No money has been debited from your credit card. Read line above.
- **We do not wear shoes inside the centre**, so *thick socks* or Soft woollen slippers (not sandals, or flip flops, or crocs or any harder soles than soft woollen or fake fur) for the centre
- Small plastic bottle for water (fresh filtered spring water from taps at centre)
- If Bikram classes on the schedule, a large bath towel to put over your mat
- Alarm clock, shower gel, shampoo, toiletries (please bring environmentally friendly personal washing products)
- Mobile phones don't work, so please **print** and bring Detailed Directions

Useful additional items to consider

- Slip on shoes such as crocs when walking between the buildings or in the garden as we don't wear shoes inside
- Camera & spare films, batteries
- Walking shorts, pants
- **Small back pack or bum bag** to carry coat/water/other
- Bath towel for the beach and swimming suit
- Sun block
- Hat, scarf, gloves for sailing or staying snug
- Torch if you are adventurous 😊
- Hair dryer
- Cash as there are few if any ATMs in this area

Please do NOT bring

- Newspapers
- Radio
- iPod
- Magazines
- Mobile phones should be switched off at all times, so please make arrangements that you don't need to be contacted

These courses are a chance for you to take time to yourself and to get away from the outside world. It is an opportunity for you to learn quality yoga and meditation, and to take time to tune inwards. We ask you to leave the usual outside world behind while you are at the centre.