

### **From South or South East – Limerick, Cork, Wexford (Or from close to M7)**

- If coming along M7, at Junction 30 continue ahead onto N18 signed Shannon, Galway
- Continue on N18 signposted Galway which will become the M18 and skip next line of directions below.
- **Go via Limerick and drive to Gort on the M18**
- From M18 Motorway, take Exit 16 signed Gort
- At roundabout(s) follow sign for Gort
- Drive into Gort 1/2 Km and take right at main square (opposite AIB bank) signed Corofin
- After 1/2 km take right turn signed Kinvara (opposite SuperValue Supermarket).
- After 1.6 Km, take right turn signed “Kinvara”.  
**Be careful.** Some people miss this turn. You should have measured 1.6 Km from SuperValue Supermarket, and after bad bend to left, this turn is next on right after the bend, and road dips down
- **If the road is closed due to flooding**, please continue on for a further 1.1 Km, take a right signed "Gort Golf club". Continue past the Golf Club and take a right at the T junction at the end. After 50 metres, take the left alongside Tirnevin church. **Skip next line in the directions below.**
- After 2.5 Km take right alongside Tirnevin church signed Kinvara.
- After 2.2 Km reach a fork with 2 signs. The right fork is signed Kinvara and the left fork has a sign Burren Yoga. You need to ignore two unmarked left turns before this fork with the signs.
- Take the left fork signed Burren Yoga.
- Follow road for approx 3 Km, straight through cross roads.
- The house is 1 Km after cross roads on LHS.
- Drive in over cattle grid, and take the immediate left marked **“Car Park”** and please park car neatly to allow others room to turn easily.

### **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.