

Opening the Channel

An embodied
retreat for
creatives
on Ireland's
Wild Atlantic
Way

Connect with
your energy
& cultivate
your creative
practice

Cloghane, Co. Kerry · 9th — 13th October 2024



Human
Behaviour.
pilates, kundalini yoga & meditation studio

Opening the channel

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on Ireland's Wild Atlantic Way

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Apply Now!

Cloghane (Dingle Peninsula), Co. Kerry, Ireland

Wednesday, October 9—Sunday, October 13, 2024

Co-hosts: Literary translator Katie Whittemore of Tintero and Pilates and Kundalini yoga teacher Leyna Noel of Human Behaviour.

This restorative four-night, five-day retreat on Ireland's breathtaking Dingle Peninsula will guide you in **opening the channel to your creative energy, intuition, and expression.**

Informed by the powerful embodiment practices of **Kundalini yoga + meditation and nature-based movement**, OPENING THE CHANNEL is designed to support anyone who wants to deepen their creative practice.

The overview

Open the channel to your creative energy!



On this retreat, we will:

Connect with your physical and energetic bodies through Kundalini yoga + meditation

Ground in the wild and rugged nature of the Irish countryside

Open to your creative intuition in workshop and ceremony

Channel your energy into creative action, broadly defined (write, paint, read, move, imagine, plot, dream, walk, wander, rest . . .)

The workshop

Guided by literary translator Katie Whittemore, we will explore our creative intuition and how we translate inspiration into form.

Topics may include:

- Cultivating creative intuition: theory and practice
- Inspiration and creative flow: how an idea evolves in our awareness and emerges as form
- The body-mind connection: the importance of embodiment in creativity
- Attending to the creative spirit: the Creative Wound and resilience



The embodiment practices

KUNDALINI YOGA + MEDITATION

Kundalini yoga is an energetic transmission practice, sometimes called the Yoga of Experience. As such, it's a bit of a journey. Each session incorporates physical exercise, conscious breathing, mantra, relaxation, and meditation.

With Kundalini, you will:

- Activate your energetic flow
- Reset your nervous system for calm and clarity
- Massage the spine to open and balance the chakras
- Connect to self and source
- Remove obstacles
- Prepare the way for your creative work

Loose, comfortable clothing in layers and natural fibers are recommended. No previous yoga or meditation experience is needed.

The space

We will stay together in a beautiful, comfortably appointed five-bedroom home set apart in the stunning countryside about 2 km from the picturesque village of Cloghane on breathtaking Brandon Bay.

Amenities include: a gorgeous conservatory where we will practice our Kundalini in view of the mountains; an 8-person outdoor hot tub for soaking and stargazing; cozy fireplace; and plenty comfortable seating for our workshops and group sessions.

The area is one of great natural beauty, nestled between the mountains and the Atlantic with abundant sandy beaches and spectacular walking trails through open valleys and unique wilderness.

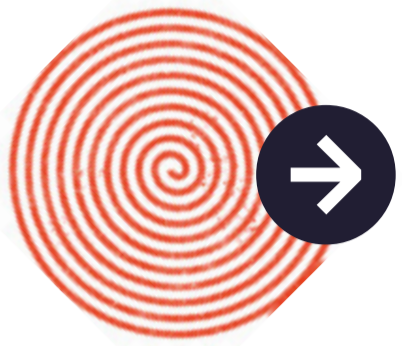


The food

All meals provided and lovingly prepared by our own Spanish in-home cook using locally sourced and seasonal ingredients, with an eye toward enjoyment and nourishment—and a pinch of Spanish flair. Plus, we'll enjoy a group supper out at the pub, also included.



The investment



Come join us

998 €/person

in shared bunk room with private bath

1198 €/person

in shared room with a queen bed and single bed and private bath

1398 €/person

in an individual king or queen bedroom with private bath (reduced price of 1198 €/person for a couple or two friends who will share a bed)

Includes

- Four nights lodging
- All breakfasts, lunches, and dinners
- Five days of facilitated creative intuition worksho
- Five days of Kundalini yoga and meditation
- Hike with local guide
- Local transportation once on retreat

Not included

- Participants are expected to purchase travel insurance for their protection in the event of retreat cancellation or any other incident while on retreat
- Transportation to arrive at the retreat house on Wednesday the 9th and depart on Sunday the 13th

Getting to Cloghane

The nearest airports to the Cloghane/Brandon area are Kerry (KIR) and Cork (CRK), both serving Ryanair, as well as Shannon International Airport (SNN). Car rentals are available at those airports and a good choice for those who plan to travel locally or in Ireland the days prior to or following the retreat weekend.

The retreat organizers can advise on airport transfer by chauffeur from Kerry, Cork, or Shannon, ideally combined with other retreat participants.



Application, cancellation & payment info

Applications will be received on a rolling basis until the retreat fills. A nonrefundable deposit of 200€ is due when you accept your place in the retreat. We should receive your remaining payment by cash, check or bank transfer by September 15, 2024.

Participants are required to purchase travel insurance for their protection in the event of retreat cancellation or any other incident or injury while on retreat.



Meet your retreat hosts

LEYNA NOEL is originally from New York, where she ran her Pilates studio, Flesh + Bone, in the Williamsburg neighborhood of Brooklyn from 2007–2018. Settled in (and enthralled with) Valencia, Spain since 2018, she reopened her studio in its next iteration, Human Behaviour, in 2021, now expanded to include Kundalini Yoga + Meditation as well as Pilates.

Classically trained in New York City, her Pilates chops come with a direct lineage from the man himself (Joseph Pilates > Romana / Sari > Leyna), following a rigorous, old-school two-year apprenticeship. Kundalini yoga first found Leyna in 2000 in the high desert of New Mexico, and before packing up shop in NYC, she trained and certified in Kundalini Yoga + Meditation, as well as intensive studies in tarot with Birdie Lawson and dance at the Butoh Institute of New York.

A true Renaissance woman, Leyna graduated Phi Beta Kappa from Mills College in Oakland, California in 2004 and dedicated her life to music. She later discovered Pilates and found it to be as moving and life-changing as music, and so made it her life's mission to guide people to their optimum health. Becoming a studio owner was an unexpected twist, but has led to a deepening of her teaching practice that she wouldn't trade for the world.



KATIE WHITTEMORE is a literary translator of contemporary Spanish fiction. Her translations include novels by Sara Mesa, Nuria Labari, Aroa Moreno Durán, Javier Serena, Lara Moreno, Katixa Agirre, Almudena Sánchez, Jon Bilbao, and Juan Gómez Bárcena. Forthcoming translations include novels by Aliocha Coll and Pilar Adón.

In 2022 Katie was selected at a National Endowment for Arts Literary Translation Fellow. In 2022–2023, she served as Guest Editor of *The Spanish Riveter magazine*, published by the European Literature Network, and chaired the magazine's launch events at the Cervantes Institute in London and the British Library.

Her work has been shortlisted for the Queen Sofía Translation Prize, the inaugural Cercador Prize, and the Spain–USA Foundation Translation Award, and has been reviewed in *The New York Times*, *The Times Literary Supplement*, and *The Irish Times*, among other publications. Her translation of Juan Gómez Bárcena's *Not Even the Dead* (Open Letter Books) was chosen as one of the New York Times 100 Notable Books of 2023.

Katie earned an BA in English and International Affairs from the University of New Hampshire, an M.Phil in Latin American Studies from Cambridge University, and an MA in Spanish from Middlebury College. In 2018, she participated in the Bread Loaf Literary Translators' Conference in Ripton, Vermont.

Katie grew up spending summer weeks in Cloghane, Ireland on the Dingle Peninsula. She thinks it's one of the most beautiful and inspiring places on the planet and is thrilled to bring literary translators and other creatives together there.

She lives in Valencia, Spain, where she enjoys a deepening Kundalini practice under Leyna's excellent teaching. She is a certified Level I Rahanni healing practitioner.

Questions?

Email us at

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Contact
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tintero.org/openingthechannel



TINTERO

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