

# Noeleen Shannon Yoga



Know Before You Go Guide



I am a Yoga Teacher and Reiki Practitioner based in Co Cavan. I do not have one fixed venue, but my class locations are shared on my social media and website. This guide will help you get ready for your class.



To book your class with Noeleen Shannon Yoga, you can book online at <https://bit.ly/3Ssv1k4>.



I offer many types of classes like Gentle Yoga Flow, Mother & Baby Yoga, and Restorative Yoga. I also hold workshops, events and retreats.



My classes are for everyone, from beginners to those with more experience.



Wear comfy clothes and bring a yoga mat if you have one. It's also good to bring a water bottle and a small blanket.



At the start of class, you will settle onto your mat and take a few moments to breathe and settle. I will guide you through a series of movements at a gentle pace. There is no pressure to do every pose.



My classes have a calm and quiet atmosphere. You may hear gentle music and me guiding you with my calm voice.



You may hear the sound of other students breathing or moving on their mats. In some classes, I may use a singing bowl or soft chime to signal transitions.



There may be soft lighting or dimmed lights, especially during relaxation or restorative practice.



In some classes you might smell essential oils.



Every class ends with a period of relaxation lying down. This is a time to be still and let your body absorb the practice.

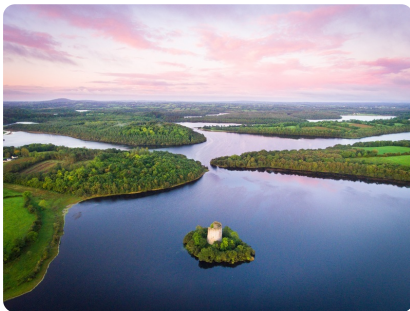


**Welcome**

For newcomers, arrive a bit early. Tell me about any injuries or health conditions. Everyone is welcome.



## Sensory Tools in Nature



Many of my classes take place outdoors, surrounded by nature in a quiet countryside. The perfect place to enjoy yoga.



Stop and listen to the sounds around you. Hear the birds singing, and the wind moving through the trees.



Look at the trees and clouds in the sky. Can you spot shapes? It is calming to notice what's around you.



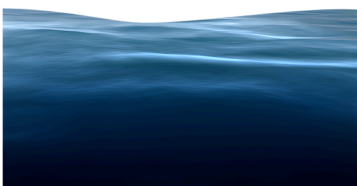
Put your feet in the grass. Feel the leaves. You can use these textures to stim or feel calm.



Watch how the plants and trees move in the wind. Sway like the trees. Moving your body can feel fun and help you feel good.



Take a deep breath and notice the different scents. Smell the flowers, grass, and trees. Smelling nature can be relaxing and make you feel happy.



If beside a lake, listen to the lapping of the water. This can help you relax



## Eco Friendly



Noeleen Shannon Yoga is a Member of Cuilcagh Lakelands Geopark's Business Sustainability Network.



Many of my classes, retreats, and events are held outdoors in natural settings, in forests and beside lakes. This approach encourages people to connect with nature, and the environment.



All my outdoor classes follow a Leave No Trace policy. This means no litter is left behind, and we minimise the disturbance to wildlife and habitats.



## About Geoparks



Noeleen Shannon Yoga is located in Cuilcagh Lakelands Geopark.



**What is a Geopark?** A Geopark is a protected area that showcases important natural features like rocks, fossils, caves, and landscapes.



Geoparks also celebrate local culture, wildlife, and traditions. They involve communities to preserve nature.



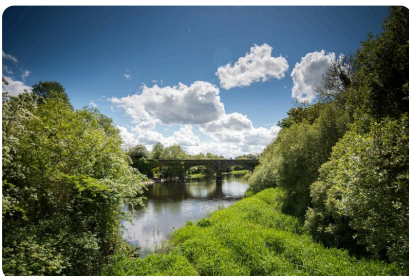
## Things To Do Nearby in Cuilcagh Lakelands Geopark



Clough Oughter – A ruined castle on an island surrounded by tranquil Lough Oughter waters.



Drumlane Abbey – A historic monastic site with ancient round tower and scenic lakeside setting.



Turbet Island – A scenic walking trail along the River Erne with a Motte and Bailey.

**Photosymbols**<sup>®</sup>

Personal Licence 23989507654008

Cuilcagh Lakelands Geopark's Regenerative Tourism Business Network is continuously working on improving our accessibility. We welcome your feedback on our facilities and our Know Before You Go Guides. You can send feedback to [info@cuilcaghlakelands.org](mailto:info@cuilcaghlakelands.org).