



Danu Retreat - Honouring the Fluid Potential Within Us All
12th - 14th September 2025 | Heir Island, West Cork
With Lynn Murphy & Sara Devoy

We will gather where land meets sea, on the wild beauty of Heir Island,
To soften, to breathe, to return to ourselves.
Inspired by Danu—the goddess of water and earth—
We remember our own rhythms, our tides, our inner seasons.

This weekend retreat is an invitation—
For women at every stage of life—to move gently,
To rest deeply, to listen within.

Each day we will walk the land,
Letting the landscape speak to us,
Carving out space for solitude or sisterhood.

In the studio, we weave yoga, movement, and breath
Into a nourishing tapestry that soothes the nervous system
And reconnects the wisdom of body and mind.
Here, less effort brings more ease.
Here, your body becomes your teacher.
Here, you're held in a circle of softness.

Whether you're navigating your cycle,
Motherhood, menopause—or simply seeking space—
You are welcome. You are enough. You belong.

We will move, breathe, and be still together.
Stories shared, Yoga Nidra whispered,
Come as you are. Leave a little more yourself.

Discover more about Danu: <https://www.herstory.ie/mythicwomen/2019/6/19/danu>



Lynn Murphy

Lynn, is originally from Liverpool, she discovered Iyengar yoga over 40 years ago after moving to London, where she worked as an artist. Her yoga journey deepened in the 1990s, when she trained in the Scaravelli-inspired approach following the birth of her two children, with a focus on the pre- and postpartum period.

She went on to become Co-director and a senior teacher at the Active Birth Centre in North London, where she guided literally thousands of women through transformative classes and trainings, and established the centre's renowned therapy clinic.

Lynn's work is further informed by her studies in Thai Yoga Massage, Baby Massage, Perinatal Trauma Recovery, and most recently *The Art of Teaching* with Donna Farhi. Her practice continues to be nourished by the teachings of Donna, Sandra Sabatini, John Stirk, and her ongoing mentor Giovanni Felicioni.

"What matters most to me within my work is supporting women through life's key transitions," Lynn shares. "Through mindful, organic movement and somatic practices, we come home to ourselves—learning to feel and trust in the wisdom of our ever-evolving bodies."

Lynn is a mother to two adult children, a grandmother, and a deeply experienced guide. She lives in North London and continues to share her work both in-person and online through classes, workshops, and trainings.

Sara Devoy

Sara lives in the coastal village of Rosscarbery, West Cork, and is a mother to three grown-up children. She brings over three decades of experience to her Craniosacral practice, which is rooted in her fascination with how our earliest experiences—from our time in utero and birth—leave lasting impressions on our bodies and lives.

"Even though this takes us to places beyond words, our bodies remember our very first welcome in the womb," Sara says. "These somatic memories act like ripples, shaping our nervous system, self-esteem, learning capacity, and ability to form relationships."

Through gentle, intuitive Craniosacral work, Sara helps people reconnect with a sense of safety, vitality, and belonging in their own bodies. Her sessions offer a deep invitation to come home to oneself and to remember what she calls our "original aliveness."

Sara also shares the wisdom of the elemental 'child-star' system—an approach she learned from her beloved friend and mentor, Rex Lassalle. This simple yet profound tool helps illuminate each person's deepest nurturing needs and inner rhythms.

SCHEDULE

Friday start at 4pm. Close Sunday with Lunch.

ACCOMMODATION AND FOOD

Delicious vegetarian meals are provided.

Rooms are shared, with 2 single rooms available on request for an extra fee. If you would like a single room please consider that those who snore or suffer from insomnia will benefit most. Contact Sara to enquire about a single room: saradevoy1919@gmail.com

COSTS

Full fee 550 euros, including ferry, accommodation, all meals (dinner Friday – lunch on Sunday), teas and snacks. Single room supplement.

BOOKING FEE

Deposit (non-refundable) of 100 euros secures your place. Balance due before September.

Numbers limited to 10 people.

To book [click here](#)

BOOKING LINK

https://lynnmurphy.rapidobookings.com/online_bookings_launch.php?course_instance_id=85d9d4b0-72a6-6a1e-c5c1-bc377f384b5e