

## Special Feature AUTUMN / WINTER WEDDINGS

### A picture perfect day at Kinsale Hotel and Spa

**K**insale Hotel and Spa is set on 90 acres of mature wooded parkland, overlooking countryside and bay views, which all offer unique opportunities for stunning photographs of your dream wedding. The hotel also has many interior locations – such as their lobby staircase and balcony – that are perfect for capturing your day. This venue offers the perfect location to take in (and have as a backdrop) the panoramic views of Oysterhaven Bay.

Kinsale Hotel and Spa has an expert wedding team that are happy to cater for weddings of any size – from 40 to 240. The Rathmore Banqueting Suite is simply magnificent; unspoilt views over the bay and countryside make it the ideal wedding venue location for your special day.

The enchanting woodland entrance leads you to the lobby of the hotel, where the team will meet you and ensure that your wedding will be a memorable day for guests and family for years to come.

Kinsale Hotel and Spa is licensed to host civil ceremonies and offers a unique, intimate occasion that is guaranteed to be truly exclusive for you and your guests. The hotel's expert wedding team offers an entirely personal approach, infused with care and attention, that allows you to relax and soak up every precious moment. The newly refurbished Rathmore Suite is a tranquil space, perfect for an intimate civil ceremony or blessing. Alternatively, why not avail of this spectacular location and enjoy an outdoor ceremony with breathtaking views!

Visit [www.kinsalehotelandspa.ie](http://www.kinsalehotelandspa.ie) or contact 021-4706000.

### Our day: Doing what made us happy

Margaret O'Connor and Cormac O'Mahony met New Year's Eve 2008/2009 in a nightclub in Newmarket.

Together for 10 years on their wedding day, the couple got married in the Church of the Immaculate Conception, Boherbue on Friday, June 28, 2019. They had their reception in Kinsale Hotel and Spa.

#### Tell us about the proposal?

Margaret: Everyone always has such romantic stories. Ours could have been if I didn't ruin it! He had arranged to take me for a surprise dinner. I instead arranged for us to go out with my family for dinner and got mad at him for not wanting to come! He asked me in our sitting room, before we met my family!

#### Why did you choose that particular venue?

The Kinsale Hotel and Spa is such a beautiful setting for a wedding and the wedding coordinator and the manager were both brilliant.

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Margaret and Cormac in Kinsale Hotel and Spa's woodlands.



## CREATING MEMORIES TO LAST A LIFETIME

At Kinsale Hotel & Spa

Set in 90 acres of mature parkland with panoramic views over Oysterhaven Bay, this luxury hotel offers couples the perfect location for their big day. Located in a peaceful and tranquil setting, the expert team at Kinsale Hotel and Spa are happy to cater for weddings of any size, from 40 to 240. The Rathmore Banqueting Suite is simply magnificent with unspoilt views over the bay and countryside making it the ideal wedding venue location for that special day. The enchanting woodland entrance will lead you to the lobby of the hotel where the hotel's team will meet you and ensure that your wedding day will be a memorable one for guests and family for years to come.



021-4706000 / [kinsalehotelandspa.ie](http://kinsalehotelandspa.ie)  
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### Meet Paul Fox at Brides of Eire



Meet one of Australia's top wedding gown designers in Bride's of Eire, Clonakilty on Saturday, September 14. Paul Fox is Creative Director at the House of Jean Fox and will be previewing his stunning wedding collections including Purple Fox Bride, Jean Fox, Only You, Silvia Rose and Silvia Rose Formal.

This is an exclusive event for Ireland so be sure to book your appointment with Maria, Ann and the team at Brides of Eire by calling 023 8835566 or emailing [info@bridesofire.com](mailto:info@bridesofire.com).



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#### Did you have anything out-of-the-ordinary planned for the day?

A rumour went around that we had a helicopter booked for the day, as Cormac works in aviation. Unfortunately, we didn't!

Also, neither of us really like wedding cake, so we had a donut wall instead provided by The Shack in Cork – it was a big hit!

#### Most enjoyable and most stressful parts of the wedding planning experience?

Most enjoyable was the meal tasting – the food was lovely.

Most stressful part was the guestlist. We both come from big families, I'm one of seven and Cormac is one of six. It was hard to keep the numbers within the hotels capacity.

#### Did you 'lock horns' on any of the wedding details?

To have a video or not to have a video... He won and we didn't! I shouldn't have given in!



#### Did your other half have much input into the planning?

Yes, he really did. I wasn't allowed to have anything to do with the suits, he organised the donuts and the wedding car was his choice. We did the rest together.

#### What was your favourite part of the day?

The most enjoyable part of the day for me was meeting everyone on the way out of the church. Everyone is so happy for you – it's a lovely experience.

Cormac's favorite part of the day was the speeches!

#### Any funny stories from the wedding planning experience or day?

I got a comedian to do a sketch as a surprise for Cormac – it was hilarious

#### Where did you go on honeymoon?

We went to Villamoura, Portugal for five days after and we plan on going to Oz for a trip this Christmas.

#### Hopes for the future?

To win the lotto, so we can buy a house.

#### Advice/tips for other couples about to tie the knot?

It's your day. It was really lovely to get advice from lots of people. But at the end of the day, it's your day, so do what you both want or what makes you happy.

## people Health & Lifestyle

### 'Restorative Yoga and Deep Relaxation' for overall health

*"The 'real tradition' of yoga involves being guided from within and trusting ones own inner reference systems."*  
Erich Schiffmann - *The Spirit and Practice of moving into stillness*

Bairbre Crowley has been teaching yoga since 2012 and has recently begun teaching therapeutic practices of yoga in Unity Yoga Clonakilty, which are fast gaining popularity.

The 'Restorative Yoga and Deep Relaxation' class is 1.5 hours long and runs twice

monthly. Restorative Yoga is a regenerative healing method that reduces stress through the use of supported yoga postures, breath work, guided meditations, visualisations and healing sounds, it does so by calming the nervous system which supports overall health and physical well-being.

"In a typical class we practice between four to six different Yoga postures. As we spend more time in restorative postures we can connect more fully and consciously to the body and the breath to bring our focus inward on a deeper

level," explains Bairbre.

"I became more aware of the importance of Restorative Yoga as a practice when I worked in a healing centre in Peru, working with people going through deep healing work which often could not be addressed by conventional medicine. People responded so well to the practice; it was just one of the methods I worked with in the centre but I became quickly aware of how people were benefitting from the practice such as: improved sleeping patterns, reduced anxiety and increased energy levels. It also allowed people to take self-responsibility for their healing processes; knowing that they were actively involved gave them a deeper sense of fulfillment."

Self-responsibility has been a really important part. Bairbre's first teacher in this area of yoga was Pavara, a Senior Iyengar Yoga teacher and order member of a Buddhist Community in Dublin.

"Pavara was one of my greatest teachers and guides to this day, he was the most humble teacher who taught without imposing his views on life or yoga on his students. I remember the times I asked him questions in relation to

yoga and practice, he had a special skill of guiding the answer right back to me in order for me to find my own answers; it was often frustrating but it was such a gift to be fully supported by a teacher yet needing to show up fully for myself within that. I practiced with him for seven years and during this time I learnt the art of restorative yoga through my own personal practice, restorative yoga being an important element of the Iyengar Yoga tradition. I practiced solidly during this time, which gave me a huge foundation and confidence to pass on this knowledge once I trained as a teacher."

Bairbre also teaches a 'Gentle Therapeutic' yoga class. This class is especially put together for those who find a general yoga class too challenging. "I bring the elements of restorative yoga to this class, as well as my knowledge of the body in relation to Chinese Medicine, which often involves, self-acupressure or ear acupuncture without needles." The class runs at Unity Yoga Clonakilty on Thursdays from 12-1pm.

As a qualified Acupuncturist since 2009, Bairbre also runs four-hour weekend workshops

in yoga combined with acupuncture. The next workshop will be Saturday, September 28, 10-2pm. Places Limited.

"I never stop training and learning. I find now that I learn more from my students than externally but there are so many interesting people/modalities from all walks of life, I try to dig deep to find new ways to keep working on myself to be able to keep doing what I do. My next venture is a 'Vision Quest' under the traditional Mexican tradition."

Here is what people have to say:

"I have been dipping in and out of yoga for many years, and can honestly say I never experienced a class like Bairbre's restorative class before. It is completely relaxing and so beneficial. She talks you through all the postures and meditations, which makes it so easy. Better than any full body massage. I would definitely recommend it to all." Sandra

"The workshop had a gentle depth, support and containment, infused with your own grounded presence. It was a great few hours. Bless your cotton socks. Thank you." Liam (A regular student in Bairbre's yoga/acupuncture workshops).

"Your yoga classes are like a good hug, strong, warm and supportive." Niamh

#### Classes

Gentle Therapeutic Class - Thursdays 12-1pm

Restorative Yoga & Deep Relaxation - Fridays 7-830pm - Twice monthly - next classes Friday Sept 6 & 27

Yoga and Acupuncture Workshop - Working into the hips to release emotional blockages - Saturday, September 28, 12-4pm

Yoga for Teenagers - Yoga Explorations - Thursday 4.30-5.30pm - Start mid-September

The Art of Yoga – six-week course of yoga class - starting Oct 2019

Bairbre often advertises restorative classes or workshops just a few days before, pop-up style, so if you wish to be kept up-to-date, send her an email and she will put you on her mailing list.

Booking for classes is essential. To book on to a class or for information, please call, text or email Bairbre – 087 6410414 – [bairbre@bairbrecrowley.ie](mailto:bairbre@bairbrecrowley.ie).



Lic. Ac. C. Ac (Nanjing) (M.A.F.P.A)

Registered Acupuncturist  
& Certified Iyengar Yoga Teacher

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Acupuncture for Fertility, Pregnancy Care & Childbirth

#### YOGA & ACUPUNCTURE WORKSHOP

Unity Yoga Clonakilty, Sat 28th Sept 10am-2pm

#### Gentle Therapeutic Yoga

every Thursday :12-1pm at Unity Yoga

see facebook for more classes and workshops