

New Instructors in this Month

Ciara Fennessy

Chef | Cooking Instructor



Ciara left behind a busy role as a marketing manager in the Telecoms industry before heading to Ballymaloe to train as a chef in 2004. She then went on to work in Pastry in Avoca before moving to Brambles Café. Whilst working in these kitchens, she also thought classes and workshops in different cookery schools.

Over 10 years ago Ciara established Ciara's Kitchen, a small but busy cooking school in Delgany, Co Wicklow. Here she runs cooking demonstrations all year round covering a wide range of topics. The main goal is to teach people of all levels how to cook different dishes and to inspire them to try and taste new ingredients all while enjoying a fun night out.

Ciara has since March, had to pivot her in-person demos to online. Most attendees cook along although there is no pressure to do so. Some prefer to watch and cook later at their own pace. Ciara has an approachable teaching and cooking style and instils confidence in everyone's ability to make delicious, tasty and nutritious meals.

[Download Instructions + Ingredients Here](#)



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Shane Walsh

Men's Health Day Guest Speaker



Shane Walsh is a fully qualified Personal Trainer/Online Coach and Nutritionist. From working in an office environment as a Sales Manager/Recruitment Consultant for over 5 years he knows how difficult it can be to manage a healthy work life balance. He is currently working as an Online Coach, specialising in Female Fat Loss, where he has helped 100s of people, lose 1 stone to 4 stone on average.

Shane is currently the Team Nutritionist for the Kilmacud Crokes men's Senior Football Team. Shane has experience of speaking in front of large audiences from the talks he has provided for AIB, Marie Keating Foundation and the Dublin Academy of Education.

Shane is the host of the Shane Walsh Fitness Podcast, available to download on iTunes and Spotify, which is currently getting 100k downloads a month. So far, Shane has had the pleasure to interview some of the largest names in the industry including Brian Keane, Jay Alderton, Sinead Hegarty, Siobhan O'Hagan, Conor O'Keefe, Daniel Davey to name a few.



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Anthony Kearney Yoga Instructor



Anthony started his practice in 1991 initially he studied Iyengar yoga, he is a certified Iyengar teacher and taught this until he was introduced to Ashtanga yoga. After this he concentrated his studies and teaching on Ashtanga which was not very hard as from the very beginning he fell in love with it: Captured by the flowing techniques, challenging asanas, the breathing and the bandas.

Anthony believes his practice combined with meditation has changed both his physical and non physical body, making him feel good about himself and giving him more confidence. In his teaching he is enthusiastic to share his experiences with his students teaching with patience and discipline, encouraging them to be individual in their practice. He can often be heard in his classes reminding people not become competitive, to stay in their own practice because when we start to compare ourselves with others we become discontent with our own practice and then ourselves.

Anthony has been taught by other leading Ashtanga teachers such as Pathabhi Jois, John Scott, David Swenson, Danny Paradise, Godfrey Devereux, Lino Miele, Granville.





Laura Farrington

Meditation &
Chair Yoga

Laura previously worked for a large global mobile telecommunications company in a high-performing team of account managers, managing strategically important clients, a huge revenue target and a dispersed virtual team. She soon felt the impact of stress, burnout and fatigue that a fast passed office environment can bring.

She eventually turned to yoga and mindfulness to help balance work and life and out of a new found passion and interest, traveled to India - the birth place of yoga - to learn to be a Yoga and mindfulness teacher & coach.

She believes that if she had known then, what she knows now, she would still be in the corporate environment. She now shares what she has learnt with people who are looking for more balance in their daily work-lives. Laura's aim is to teach techniques that will manage stress and enable them to look after their own mind and body.

Mark Solon Financial Advisor



Mark has over 15 years' experience working in the Financial Services Industry; all of that time in the Broker Market. He's been self-employed since the end of 2013 running his own businesses. In 2017, his previous company won the MoneyMate award for Best Mortgage Broker in Ireland – so he knows a thing or two about how the mortgage market works! Mark will entertain you and educate you on all things financial related; we hope you enjoy the session!





David Rooney

Creative Drawing Instructor

Having a creative streak and working in finance I found it so difficult to mix the two . Feeling drained by the end of the day with no outlet for my creativity I found myself watching endless YouTube videos or fantasising about travelling to the continent where I could sketch - but never making the time to practice .

I decided to start a daily sketching of the spots beside my work space in Dublin's grand canal dock . Based on DaVinci's daily practice - It worked . This 5 minute sketch really gave me a boost , not only for my artistic hands but also for getting my head out of the many screens I have & taking in Dublin's fantastic space & energy which is something I am guilty of forgetting.

My mission is to inspire you to start sketching your surroundings (whether you are a seasoned pro or have been told you can't put two lines together) to take notice on your next coffee break wherever your work may be to re-charge by creating a live vibrant sketch of the life around you. Sounds like fun? Come on and join our next session.





Sonia McGlynn HIIT Instructor

Sonia McGlynn is one of the most approachable, fun and knowledgeable PT's you will ever come across. She is a Function Fitness Coach, LuLu Lemon Ambassador and Personal Trainer and has worked throughout the fitness industry for the last 8 years. During this time she has demonstrated her passion for the health and wellbeing of each and every client she's worked with.

Her passion for the industry is obvious as soon as you meet her and she manages to make her HIIT sessions fun high energy and accessible for even the most faint hearted



Sarah Marshall Yoga Instructor

Sarah joined Umbrella Wellness in 2018. Sarah is a 200 RYT, teaching a variety of types of yoga including Hatha, Vinyasa Flow, Restorative, Yin and Mindful Yoga. With a background of working in the education sector as well as the international development sector, including facilitating training's on personal development, careers, international development and cross-cultural working. Sarah has turned her focus to teaching yoga in the past 3 years. She currently works as a Yoga Teacher at the Elbowroom Studio in Stoneybatter, Dublin.

Mindfulness, connection and self-compassion are guiding principles in the yoga she teaches. Sarah is all about making yoga accessible and enjoyable for everyone, and is passionate about the transformative effects that yoga can have on the mind and body (both on and off the mat), leading us to live more mindful and authentic lives.





Dearbhla Mitchell Pilates Instructor

Dearbhla joined Umbrella Wellness in 2019, she is a qualified Pilates and Ballet instructor. Dearbhla began dancing at a young age. That passion stayed with her throughout her life, playing an active role in the UCD Dance Society and performing as a lead soloist with the Monica Loughman Ballet Company. Dearbhla decided to combine her love of movement and health. She completed the QQI Certificate in Nutrition and the EQF Level 4 National Qualification in Exercise and Health at the National Training Center.

Shortly after passing her exams, Dearbhla was offered an internship at Platinum Pilates and the rest is history. Since then, Dearbhla has gone on to further her qualifications with the National Qualification in Exercise for the Older Adult, the National Qualification in Pre & Post Natal Exercise, the teaching certificate in Progressing Ballet Technique, and Polestar Gateway Reformer Pilates. For Dearbhla, dance and fitness are about self care and mental health. She hopes to give clients the same feeling of release that dance gives her.



Andrea Bracken HIIT Instructor

The only thing better than feeling strong, fit and healthy everyday is helping others feel the same way. Pushing yourself mentally and physically and amazing yourself with what your body can do and how it can change. Fitness is such an important part of who I am that I decided at 40 to make a hobby into formal qualification. In my previous career as a Sales Manager I was driven by a passion to help others to get results, smash targets and get the best out of themselves.

Now I can combine my skills to help and drive clients to get results, achieve their fitness targets and get the best out of themselves every session. In class I'll be there to guide you with technique and keep you motivated every step of the way with a smile, a push and the odd burpee!





Peter Brown Financial Consultant

Peter has over 35 years' experience in the financial markets and has managed treasury operations in financial institutions including CitiBank, Barclays, BNP, Ulster Bank and ACCBank.

Peter is an expert in foreign exchange, interest rate and market risk and has implemented treasury processes and procedures for several financial institutions.

Throughout his banking career he advised clients on best practice with regards their treasury operations and has continued this work as a consultant. As chief dealer and subsequently general manager of treasury, pensions and investments he became expert in structured finance, funding, trading, investments and risk management.

Peter founded The Institute of Investing and Financial Trading in 2010 where he developed and delivered courses in Trading and Investing design for novice and experienced alike. In 2015 he co-founded Baggot Investment Partners who specialise in building and maintaining investing strategies for client using global product.

Peter's economic analysis and expertise about the financial markets, is highly sought after by the Irish and international media. His direct manner, alongside his honest and clear assessments of present economic conditions, makes him exceedingly popular with the general public and the media alike, he features regularly on RTE, TV3, BBC World, RTE Radio, Today FM and NewsTalk.

