

## Abaigéal Warfield

### *Dragonfly Yoga*



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The remote working culture, accelerated by Covid-19, has given Abaigéal Warfield and her husband a new lease of life. They moved from their native Kildare and bought an old farmhouse in Ballyhaunis, Co. Mayo, which they are renovating ahead of their first child's arrival in a few weeks. It is here that Abaigéal runs Dragonfly Yoga, specialising in teaching Yin Yoga and Pregnancy Yoga. Her classes provide a unique blend of yoga mixed with mindfulness and poetry.

Abaigéal began her yoga journey after the sudden loss of her mother through suicide in 2007. She has experienced, first-hand, the transformative and healing power of yoga during her own life's ups and downs.

Before setting up her business, Abaigéal completed a history PhD at Maynooth University and worked at prestigious universities in Scotland and Australia. While still working as a historian, she first trained in Vinyasa Yoga.

In Australia, she became immersed in yoga trying lots of styles including Yin, a slow form not widely available in Ireland. She loved the community and pace of life in the Adelaide yoga scene and wanted to create that in Ireland.

In 2018, on her return to Ireland, she changed career paths. She trained in Yin Yoga and set up Dragonfly Yoga, initially teaching out of studios in Maynooth and Kilcock.

When the pandemic struck, Abaigéal didn't miss a heartbeat going online. It was a baptism of fire. But soon, she gained customers from all over the world. She also used this time to train in Pregnancy Yoga.

She plans to stay online *and* rent a studio in Mayo, creating a collaborative space with wellness professionals. She is also working on her first collection of poetry for publication.

For Abaigéal, ACORNS was a light in the darkness during Covid, providing peer support, advice, and a new network. It helped her set and measure objectives, and she credits the growth in her business to ACORNS.

***Providing early stage female entrepreneurs, living in rural Ireland, with the knowledge, support and networking opportunities to meet and even exceed their current aspirations.***



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