

Abaigéal Warfield

Dragonfly Yoga



CONTACT DETAILS

T: +353 85 1922985

E: info@dragonflyyoga.ie

Instagram: @dragonflyyogaireland

Facebook: @dragonflyyogaireland

www.dragonflyyoga.ie



The remote working culture, accelerated by Covid-19, has given Abaigéal Warfield and her husband a new lease of life. In 2020 they moved from their native Kildare and bought an old farmhouse in Ballyhaunis, Co. Mayo, which they share with their daughter and two cats.

It is here that Abaigéal runs Dragonfly Yoga, a studio specialising in making yoga accessible. She offers small group classes in Gentle Yoga, Slow Flow Yoga, Yin Yoga, Pregnancy Yoga and Chair Yoga. She also offers Mum & Baby yoga within her community. 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.

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. She knew that yoga could make a positive impact on people's wellbeing and wanted to share her love of yoga.

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. In 2023 she opened the doors of her own studio on Abbey Street in Ballyhaunis and is currently in the process of opening an even bigger premises for autumn 2024.

Aside from teaching yoga, Abaigéal is also a poet and co-facilitates a women's writing circle with fellow ACORNS participant Jennifer Davidson. Together they host Women Writing Out West, a monthly creative gathering for women at her studio. In 2024 she published her first short collection of poetry, "The Sea of Grief."

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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