

*Luxury Highland  
Yoga & Wellness Retreat  
6th, 7th & 8th October 2023*



# *The Wilds*

Welcome to the second exclusive, luxury health & wellness retreat of 2023 with Sally Munro in the stunning Highlands of Scotland.

Registered Nutritionist, certified Yoga & Mindfulness teacher, Sally Munro is leading a weekend of rejuvenation & relaxation. All meals are crafted with nutrient density in mind.

‘The Wilds’ is a gorgeous alpine-style luxury lodge near Loch Insh, with hot tub, fire pit, games room and huge wildlife full garden leading on to many secluded trails.

Nestled in a woodland setting, with a large mature garden, the lodge is located at the edge of Inshriach Forest, Insh Marshes RSPB Reserve and the Badenoch Way. Endless walks and biking routes can be found without having to drive anywhere. Squirrels are often spotted on the feeders in the garden, along with many types of birds.

# *What's included?*



- 2 full days/2 nights stay
- 2 yoga classes per day
- 1 treatment reflexology, facial or massage
- Welcome mocktails
- All meals, drinks, snacks & fresh fruit provided
- Daily fresh pressed juice
- Nutritional therapy 101
- Red light therapy
- Massage unit
- Hot tub
- Yoga straps, blocks, eye pillows
- All linens, towels & bathrobe provided
- Rain style showers/bath-tub
- Off street parking
- Hairdryers
- Wi-fi
- Fire pit
- Wood burning stove

# *Retreat Overview*

Friday 6th October

6pm Arrival & Welcome Mocktails by the Fire or in the Hot Tub!

7pm Light Supper

8-9pm Yoga Nidra



Saturday 7th October:

8.30-10am Yoga & Meditation

10-12.30 Brunch/ YOU TIME

1-2pm Optional Water Sports-SUP, kayaking, Loch Swim

2-5pm 'YOU TIME'-Walk, Read, Hot Tub, Bird Watching!

5-6.30 Yoga & Relaxation

7pm Evening Meal

Wellness chat



Sunday 8th October:

8.30-10am Yoga & Meditation

10am Brunch

11-5pm Treatments/YOU TIME

5-6pm Evening Meal

Departure Sunday afternoon/evening

# *Saturday 7th October*

## LOCH INSH WATERSPORTS

- SUP £22 pp/60mins, £30 pp/90mins with tuition
- Kayaking £12 pp/45mins, £18 pp/1.5hrs, doubles available
- Wetsuit & boot hire £5



*Sunday 8th October*

Relaxing & Restorative Reflexology  
with  
Shona from AB Wellness & Reflexology



*Sunday 8th October*

Book a facial, massage OR facial & massage combo!  
with Anna from Reset Refresh Therapies

\*additional fee for combo-please advise at time of booking



# *Things to remember!*

- Swimsuit/bikini/flip-flops for hot tub
- Yoga mat & equipment
- Cosy socks, blanket for relaxation
- Walking boots
- Wetsuit & boots
- Wild swimming towel/gear
- Book
- Bike
- Water bottle





## *Luxurious Accommodation*

From comfortable double & twin rooms with en-suite, to spacious twin occupancy with shared bathroom—there is something to suit all requirements.



Bring your book and enjoy some peace & quiet in the snug.

Watch the squirrels and birds in the garden whilst enjoying a cup of tea.



Shared bathroom with bath tub and rain shower.

A fabulous quad room with custom-made full-size bunks, each of which has its own dressing table and storage area. USB charging points in each bunk.



# *Accommodation Packages for 2 nights*

## Room 1:

- Superking Double, plus full-size bunk with en-suite.
- Sleeps 4, £500 per person or £950 for single occupancy.

## Room 2:

- Superking Double/Twin with en-suite.
- Sleeps 2 £500 per person or £950 for single occupancy.

## Room 3:

- Superking Double/Twin with en-suite.
- Sleeps 2 £500 per person or £950 for single occupancy.

## Room 4:

- Superking Double/Twin with en-suite.
- Sleeps 2 £500 per person or £950 for single occupancy.

## Room 5:

- Quad room with custom full-size bunks, each with dressing table & storage. Shared bathroom with bath & rain shower.
- Sleeps 4 £450 per person



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