

Yoga and wellbeing break

A three-day break with Laurie Bell from Curativate. Immerse yourself in energising beach yoga, therapeutic sea swimming, and restorative mindfulness practice.



WHAT TO EXPECT

Over three days, expert instructor Laurie will guide you through invigorating flows, breathwork, and deep relaxation, set against the island's breathtaking landscape.

DAY ONE

- 3pm **Guest check in**
Arrive as early as you like and make full use of the hotel. We can look after your luggage while you have a treatment, visit the wild garden or explore the grounds.
- 6.30pm **Meet & greet**
Meet Laurie and the other guests, ask any questions, fill out your health questionnaire, and take a tour of the hotel spaces.
Stag lounge
- 7pm **Dinner**
To be arranged by guest - group dinner optional
- 8.45pm **Meditation by candlelight**
Kildalton room
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DAY TWO

- 7.30am **Energising beach yoga and sea therapy**
Laggan Bay. Meet by front desk
- 9.30am **Group breakfast**
18 Restaurant & Bar
- 11am **Spring breathing workshop**
Transformative techniques for deepening personal practice
Outdoors (weather permitting). *Meet by front desk*
- 1pm **Lunch**
To be arranged by guest
- 4pm **Smooth somatics for santosa**
Finding connection with concepts
Kildalton room

5pm **Deep rest yoga nidra**

Soothing sound yoga

Kildalton Room

7pm **Dinner**

To be arranged by guest - group dinner optional

DAY THREE

7.30am **Uplifting spring step walking yoga**

Laggan Bay. Meet by front desk

9.30am **Group breakfast**

18 Restaurant & Bar

11am **Revitalising yoga session**

Sauna, cold contrast therapy and self-massage practices that support skin and strengthen organ health

Wild garden

1pm **Lunch**

To be arranged by guest

4pm **Calming yoga**

Practices for conscious living and longevity

Kildalton Room

6pm **Closing reflections**

Gather by the fire for final affirmations

Stag lounge

7pm **Dinner**

To be arranged by guest - group dinner optional

DAY FOUR

9.30am **Group breakfast**

18 Restaurant & Bar

11am **Check out**

We'll look after your luggage so you can spend all day with us.