

Mindfulness and meditation break

Relax and reconnect on this three-day break focused on mindfulness, meditation, and holistic wellbeing, led by Laurie Bell from Curativate.



WHAT TO EXPECT

Over three days, expert instructor Laurie will guide you through guided meditations, movement practices, and reflective sessions designed to restore balance and clarity in a peaceful and inspiring setting.

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** **Gentle mind unwind**
Kildalton room
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DAY TWO

- 8am** **Mindful movement and meditation in nature**
Outdoors (weather permitting). Meet by front desk
- 9.30am** **Group breakfast**
18 Restaurant & Bar
- 1pm** **Lunch**
Free time to explore or book a private treatment
To be arranged by guest
- 3pm** **Moving with intention**
How choices affect outcome
Kildalton room
- 4pm** **Fire, water, air and awareness**
Wild garden

7pm **Dinner**
To be arranged by guest - group dinner optional

DAY THREE

7.30am **Insight meditation and movement**
Deepen mindfulness practice
Laggan Bay. Meet by front desk

9.30am **Group breakfast**
18 Restaurant & Bar

11am **Integrated walking with nature**
Everyday mindful living
Wild garden

1pm **Lunch**
Free time to explore or book a private treatment
To be arranged by guest

4pm **Active rest and gentle reasoning**
Why tone matters in mindfulness
Kildalton room

6pm **Closing reflections**
Gather by the fire for final reflections
Stag lounge

7pm **Dinner**
To be arranged by guest - group dinner optional

DAY FOUR

7.30am **Group breakfast**
18 Restaurant & Bar

11am **Check out**
We'll look after your luggage so you can spend all day with us.