

Wellbeing Retreat Sample Itinerary

Sun 6th - Thurs 10th Aug 2023

Sunday

16.00 meet & greet at Grogarry Lodge.

Once you are all settled in there will be a delicious 2 course evening meal, followed by an evening relax session with Sheila in the lodge garden.

Monday

07.00 Light continental breakfast

A morning yoga session on Grogarry beach

Followed by a 90 min guided wild swim

We will then return to the lodge to change and have a hearty brunch

Guests will then have the option to walk a section of the Hebridean Way, book some additional therapies with Sheila or just have time to relax with a book by the fire.

A 3 course evening meal in the lodge

Tuesday

07.00 Light continental breakfast

A guided morning wild swim

We will then return to the lodge for brunch to set us up for a guided coastal walk.

Then to ease the body there will be an evening yoga session in lodge garden

Then if weather allows, there will be an evening BBQ & Bonfire

Wednesday

07.00 Full continental and cooked breakfast

We will then set off for a charter boat trip with Uist Sea Tours to explore nearby island, Mingulay. David will also provide a guided paddle board session off the boat.

To recharge, a picnic lunch will be set up on Mingulay beach.

After an afternoon of exploring the wonders of Mingulay, we will return to the Lodge in time for our evening meal.

Then there will be an evening yoga session in lodge garden.

Thursday

07.30 Light continental breakfast

A 90 min energising yoga session at the lodge

Followed by brunch, before departing at 13.00

