

ITINERARY (Friday-Monday)

Day 1 (Friday evening) Arrive by 4.30pm where you will be shown to your room and meet for a brief chat. 5-6.30pm: relaxing introduction to Qigong

7pm: dinner.

Day 2 (Saturday)

7:30-8.30am: You will start the day with invigorating yoga.

9-10am: breakfast of granola, eggs, bread and fruit. Something nourishing to fuel your day's activity.

10.00am - 1:00pm: a five mile (8km) hike up the Applecross Glen. Starting at Hartfield House, the route takes you off road down the side off the Applecross Glen, offering fantastic views and total peace (except for the odd deer and the sound of your own breathing). On Arriving at a plantation of native trees we will stop for a hot drink then each plant a tree. Once planted we will take a moment to take in the landscape with some breathing techniques. Walk back to Hartfield where hot showers are a-plenty, followed by tea and cake.

2:00-5:00pm: Sketching outdoors with Lisa O'Brien

5:30-6.30pm: Qugong

7pm: dinner. A hearty and conversational episode. Locally sourced, filling, nourishing, and tasty, we enjoy dinner together and relish the opportunity to get to know each other a bit better.

Day 3 (Sunday)

7:30 -8.30am: gentle yoga.

9-11am: early light snack of home-made energy bars. You will then be dropped off part way up the famous Bealach-na-Ba, where you will walk or jog downhill and straight into the sea. Our own version of a swim/run event! But without the competition. Hot drinks, blankets and even hot water bottles will be on standby. As well as a feeling of elation.

11.30am: a late breakfast, one of kings due to the heroic effort.

1:00-3pm: Landscape felting at Cuaig Croft with Leslie Kilbride

Make a wet felted picture using tufts and whips of coloured sheep's wool; combine warm water, soap and some vigorous rubbing and you could create a highland scene or explore your imagination in another direction." Use as a memory picture of your visit to Applecross or make into a table mat or cushion"

4:00-5pm: optional gentle meditative walk.

5-30-6.30pm: relaxing yoga stretching

7pm: feast. A celebratory meal to enjoy with friends and cohorts.

Day 4 (Monday) 7-8.30am: gentle yoga.

9am: breakfast. Something to nourish for the journey home.

10.30am: a final goodbye.