

EXAMPLE 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 yoga

7pm: dinner.

Day 2 (Saturday)

7-8.30am: 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.

10.30am - 2pm: a five mile (8km) run/jog or hike to Sand Beach. Starting at Hartfield House, the route takes you off road on a steep climb around the coast, offering fantastic views and total peace (except for the odd deer and the sound of your own breathing).

Arriving at Sand Beach, there will be yogic stretching, a quick dip in the sea, and a warming, wholesome lunch. Blankets, flasks, hot tea and coffee, and a shelter in which to change out of the cold - all part of the service!

Transport back to Hartfield where hot showers are a-plenty, followed by tea and cake.

3-4.30pm: optional hike/wild swimming. Dependent on the group, there will be a gentle walk through the estate to get to know the area, to keep the muscles working, and the head thinking good thoughts. Alternatively, if enthusiasm is high, an invigorating wild swim in the cool, clear waters of the sound will be on the agenda. This is optional, so you are just as welcome to curl up in the sitting room with a blanket, a toasty fire and a cup of tea.

5-6.30pm: relaxing yoga

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)

7-8.30am: 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 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.

12.30-3pm: nutrition, cooking with our team. You will cook a basic healthy recipe, learn about feeding your heart and how food is at the core of how we function, and then enjoy the fruits of your labour.

3.30-5pm: optional gentle meditative walk, or seaweed foraging along the shoreline, learning about the many benefits of this amazing plant.

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 armed with lots of enthusiasm to take back home.