

— 5-DAY YOGA RETREAT —

SEA & Stillness

Yoga Retreat in Beautiful Little Cumbrae

— 🌿 6th to 10th July 🌿 —

A yoga retreat on Little Cumbrae is more than a holiday. It is an invitation to slow down, breathe deeply, and reconnect with yourself through nature, movement, and stillness. Surrounded by the peaceful beauty of Scotland's west coast, the island offers the perfect setting to step away from the demands of everyday life and return to balance.

— 🌿 RETREAT PACKAGE 🌿 —

£650 pp

SHARED ACCOMMODATION

- 🍴 • Breakfast, lunch and dinner
- 🧘 • 3 yoga classes per day
- 🚢 • Ferry crossing included
- 🛏️ • All accommodation included

£950 pp

SINGLE ACCOMMODATION

- 🍴 • Breakfast, lunch and dinner
- 🧘 • 3 yoga classes per day
- 🚢 • Ferry crossing included
- 🛏️ • All accommodation included

🌿
SLOW DOWN
•
BREATHE DEEPLY
•
COME HOME TO YOURSELF



 Little Cumbrae Island,
SCOTLAND



— 5-DAY YOGA RETREAT —

YOUR ISLAND *Retreat*



Each day begins with an energising yoga practice inspired by **Ashtanga** and **Hatha Yoga**.

In the evening, a gentle **Yin Yoga** session offers deep stretching and relaxation.

After a nourishing dinner, the day closes with **Yoga Nidra meditation** to restore inner balance and support deep, restful sleep.

— ✨ — PRICE INCLUDES — ✨ —



All accommodation, breakfast, lunch and dinner, 3 yoga classes per day and ferry crossing.



Shared and single rooms available

No ensuite facilities




Ready to Reset?





BOOK YOUR ISLAND RESET

RESERVE YOUR PLACE

 **Contact: Mamta Kanabar**

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PEACEFUL ACCOMMODATION



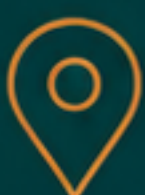
NOURISHING MEALS



ISLAND WALKS



SMALL GROUP EXPERIENCE



Little Cumbrae Island,
SCOTLAND

