



Scotland Retreat

with Caron & TJ
July 1-6, 2025



HIGHLAND YOGA
FIND YOUR FLOW

Scotland Yoga Retreat July 1-6, 2025

Ready for a getaway?



6 days/5 nights at Rachel's Farm in Stirling, Scotland



Yoga twice daily



Locally sourced, fresh menu (all meals included)



Massages, sound baths, whiskey tasting, animal sanctuary visit, and more available as excursions



Connect with community, relax, and soak in the magic of Scotland

Sample Daily Itinerary

- 7 am - Coffee + breakfast
- 8:30 am - Power Yoga + Meditation
- 10 am - 12pm - Free Time
- 12 pm - Lunch
- 1 - 4:30 pm - Free Time
- 4:30 - 6 pm - Deep Stretch + Restore
- 6:30 pm - Dinner

What students are saying...

"The HY retreat to Amansala Tulum in 2019 was one of the best vacations of my life. Food was healthy, fresh and fantastic, Yoga while watching the sun come up over the Carribean Sea was mind blowingly spectacular. Best of all was getting to know other members of the HY community, many of whom we still hang out with on a regular basis. I can't wait to go back" -- Ron Farmer

"Hands down one of the best experiences I have ever had, I can't wait to go on the next HY Adventure (retreat). We did a lot of yoga together, but we also had a lot of excursions and activities off the mat that really made the retreat so fun and memorable. HY yoga does a great job planning out the retreat so that you can do ALL extracurricular activities with the community, or, you can practice chilling in your Savasana on you own any given day. The accommodations chosen by HY were first class, so you'll feel very comfortable throughout your stay. The biggest and perhaps unexpected benefit of the retreat was amazing HY community, I established real meaningful relationships that have continued to last long after the Adventure." --Patrick Lennon

Rooms + Rates

Rachel's Farm is comprised of five separate buildings on the property.

- The Farmhouse
 - 2 King bedrooms w/ ensuite/private bath
 - \$3850/single
 - \$2850/person double
 - 2 King bedrooms w/ shared bathroom
 - \$3150/ single
 - \$2150/person double
- The Lodge/Gatehouse
 - 4 King bedrooms w/ ensuite
 - \$3850/single
 - \$2850/person double
- The Coach House
 - 2 King bedrooms w/ ensuite
 - \$3850/single
 - \$2850/person double
 - 1 Quad bedroom - 4 singles w/ensuite
 - \$2650/person double
 - \$2050/person triple
 - \$1550/person quad
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- The Stables
 - 2 King bedrooms 1 ensuite, 1 with private bath
 - \$3450-\$3850/single
 - \$2450-\$2850/person double
- The Cottage
 - Private house 1 king bedroom
 - \$4150/single
 - \$3150/person double



DAILY YOGA + MEDITATION



MORNING PRACTICE
HY POWER FLOW

EVENING PRACTICE
SLOW FLOW - OR -DEEP
STRETCH + RESTORE



FAQ

Getting to Rachel's Farm

- Fly to Edinburgh Airport (about 50 minutes away)
- Fly to Glasgow Airport (also about 50 minutes away)
- Connecting transportation and prices will be determined based on the size of the group for each transportation option (expect around 35£ per person each way)

What To Bring

- Yoga/workout clothes
- Yoga mat (optional - mats are available to borrow)
- Swimsuit
- Sunscreen
- Hiking/Walking shoes
- Headphones

What's included?

- Breakfast, lunch, and dinner daily - excludes alcohol.
- Two yoga classes daily
- Accommodations, plus tax and gratuity

Ready to book?

- To secure your spot, \$600 nonrefundable, nontransferable deposit required.
- Payment in full required by May 15, 2025
- Email victoria@highland-yoga.com to secure your spot.



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