

# Hebridean Wildscapes Soul Spa

26-31 May 2018



## Our plans for the Hebridean Wildscapes Soul Spa

There is no strict timetable and everything is optional. But to give you an idea of the pace and activities, here is the schedule which we'll use as a guide:

Day	Time	Activity
1 - Sat	From 16.00 18.30 20.00 Later	Arrival Welcome drinks, followed by dinner Introduction to the Soul Spa; afterwards relax and chat Wind down yoga session
2 - Sun	8.30 9.15 10.15 13.00 14.00 15.30  16.00 19.00 Later	Yoga & meditation Breakfast Creative writing session, followed by free time Lunch Walk Coffee & cake (as picnic if weather is nice and everybody comes on the walk)  Free time Dinner, followed by reflection & chill Wind down yoga session

Day	Time	Activity
3 - Mon	8.30	Yoga & meditation
	9.15	Breakfast
	10.15	Creative writing inspiration
	11.00	Painting workshop
	13.00	Lunch
		Free afternoon
	15.30	Coffee & cake
		Free time
	18.00	Evening island tour with Nature Scotland (with picnic dinner)
21.30ish	Return & chill	
	Later	Wind down yoga session
4 - Tue	8.30	Yoga & meditation
	9.15	Breakfast
	10.15	Creative writing inspiration
	11.00	Creative activity (depending on guest preferences e.g. making memory objects)
	13.00	Lunch, followed by free time
	15.30	Coffee & cake
	16.00	Cookery workshop
	19.00	Dinner, followed by reflection
	Later	Wind down yoga session

Day	Time	Activity
5 - Wed	8.30	Yoga & meditation
	9.15	Breakfast
	10.00	Departure for our day trip to Iona, led by Nature Scotland We'll have a day of walking, learning about this magical island, writing and drawing into our journals, taking photographs, collecting pretty things and of course eating our picnic lunch and cakes
	15.30	
	18.00	Return
	19.00	Dinner, followed by reflection
	Later	Wind down yoga session
6 - Thu	8.00	Yoga & meditation
	8.30	Breakfast
	10.15	Departure (for 11.00 ferry to Oban) Optional later departure for 13.30 ferry crossing

## What to bring

We recommend you bring the following:

- ✓ Comfortable clothes
- ✓ Comfortable shoes that are suitable for walking in wet weather (just in case...)
- ✓ Waterproof jacket
- ✓ Layers of clothes as the weather can be changeable
- ✓ Midge repellent (e.g. <https://www.smidgeup.com>) – since we'll be close to water the infamous Scottish midge might make an appearance when there's no wind.
- ✓ Adapter if you're travelling from outside the UK
- ✓ Mobile phone for taking photos
- ✓ An open mind & curiosity.

We'll provide (among many other things):

- ✓ Yoga mats
- ✓ Printer for printing images straight from your phone
- ✓ A journal for every guest – to note down thoughts and ideas, doodle and scribble, stick in photos and other bits and pieces
- ✓ Materials for creative activity
- ✓ Library of books and resources you may find helpful

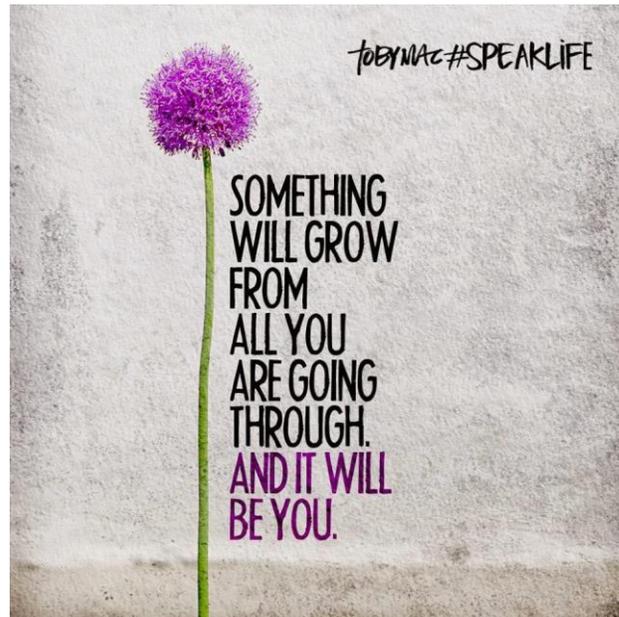
And remember.....

## A safe space

Fire & Rain Soul Spas offer a “safe space”, space to just be, for people in our situation.

The focus is on the “treat” bit of these retreats. It’s important that we look after ourselves and develop a real feel for what’s good for us and what isn’t, who or what we want in our life and what we don’t. To help you do this we want to create an empathetic atmosphere in cosy and inspiring surroundings.

You may have some “wobbles”....don’t worry, we’ve been there many times! You can share what’s on your mind and how you feel – but only if you want. So, we look forward to seeing you in Mull!



<https://fireandrain.scot/>