

***Equinox Mountain Forest and Yoga Retreat**

September 21st-24th 2023 (4 days/ 3 nights)

Price

From £590

A 3 night restorative retreat in the Sanctuary of Donegal to soothe your senses and energise your soul.

Myself and Caroline Hart (@hartandsoulretreats / www.hartandsoulwalks.com) are excited to share this beautiful Autumn Equinox Retreat with you. At the Autumn equinox, the high energy of summer is waning and we experience equal hours of day and night. In this special weekend retreat, we will connect with this balanced equinox energy as we take the opportunity to get active AND slow down; embracing the medicine of movement and the medicine of stillness.

We will be getting active on Errigal and Muckish Mountains, Forest bathing in Ards forest park and also sunrise dips at the beautiful Marble Hill and Killahoey beaches. Then we will be slowing down with yoga, meditation and time in the outdoor hot tub and wellness area.

Be nourished with healthy, nutritious food while we connect around the fire with like minded souls.

Experience the joy of movement and all the uplifting benefits of physical activity while also having the precious gift of time to do absolutely nothing!

As you deepen your connection to nature, you deepen your connection to Self, restoring your sense of inner trust and strength.

THE WEEKEND WILL BE CAREFULLY CURATED TO INCLUDE A BEAUTIFUL BLEND OF:

3 nights accommodation at the beautiful sanctuary of Sandhill House.

Movement sessions to include Pilates, Yoga, free movement and dance.

Deeply Restorative Yoga Nidra Meditation

Fire side gatherings with journaling ritual

Forest bathing experience

Mountain climb at Errigal / Muckish Mountain

Optional Sunrise ocean dip

Hike to the stunning and secluded Tramore Beach

Healthy nourishing meals prepared by Ellen Maeve (@greendreamellie)

Massage and Reflexology treatments can be arranged (available at an extra cost.)

Total Price to include all of the above:

£590 Triple shared room (all in single beds)

£690 Twin shared room (all single beds)

£850 Single room

*All activities are totally optional

*Schedule is subject to change (weather dependent)

*Accommodation includes a single/ shared bedroom with ensuite

*Suitable for all fitness levels / No previous experience necessary.

Cancellation Policy: Your booking may be cancelled no later than 14 days before the start date.

Cancellations within 14 days are non-refundable and non-transferable.