

National Parks to Islands
June 12-19, 2020
Yoga, Meditation, & Adventure Retreat in Scotland



Explore the rich biodiversity of Scotland from National Parks to Islands through hiking and kayaking amongst majestic landscapes while deepening your Hatha Yoga & Meditation practices.

Highlights of the adventure:

- * Spend 8 days/7 nights immersed in the history, culture, and majestic beauty of Scotland
- * Delve deeply into your relationship with natural healing through daily yoga, chanting and meditation
- * Hike in the Scottish Highlands
- * Kayak on a breathtaking Loch
- * Ride the Harry Potter train route to a remote fishing village
- * Relax and rejuvenate at an island spa with a private massage
- * Cost: \$3100/\$3000 if paid in full by March 16, 2020 (per person, based on double occupancy)

Trip Includes:

- * 7 nights lodging
- * 2 meals a day
- * Daily Hatha Yoga and Meditation (all levels)
- * Private massage
- * 4 Full day tours – 3 hiking, 1 train
- * 3 Half-Day tours – 2 hiking, 1 kayak
- * Free time to explore and relax
- * Transportation from/to Edinburgh

Not Included:

- * Air transportation to and from Edinburgh, Scotland
- * Personal expenses (markets, drinks, gratuities, etc.)

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