

The Happy Yoga Retreat

The Happy Yoga Retreat has been born from a passion to offer Yoga and make it available to everybody. Yoga is about finding inner peace, bliss and ultimately happiness. To me this means every shape, size, age and gender can do yoga and this is what the Happy Yoga Retreat offers.

It is an affordable & exclusive getaway, set in the impressive Balnaboth House at the foothills of the Cairngorm Mountain Range. The house is surrounded by woodland, grass meadows & heather hills. The vast gardens are mostly lawns and beautiful mature trees with little bridges over the Logie burn which tumble into the Prosen at the bottom of the lawn. The property is actually up on airbnb with lots of pics if you want to have [a wee look](#).

The Happy Yoga Retreat is thoughtfully crafted to give you the perfect balance between energising, relaxing and rejuvenating. The weekend includes yoga practice, engaging workshops, nourishing vegetarian food, smoothies & a couple of green juices and of course time for you to relax.

Hosted by Stephanie, the weekend will be a balance between Vinyasa and Restorative Yoga Practices. Whether you've practiced for years or very little, the sessions accommodate all levels. You are welcome to join all, none or some of the yoga. You can do yoga no matter what age or shape you are. Yoga is for everyone and there is no one way to practice. Your practice is also very personal because only you know how your body feels.

The menu is vegetarian and colourful like the month of June. The more colourful your plate, the more nutrients you are treating yourself to. To offer peace of mind, there is not a chance at all you will feel hungry during this retreat, we spend a lot of time eating, drinking and making merry with delicious healthy meals.

Friday	Saturday	Sunday
17:30 Arrivals Tea & Nibbles	08:00 Tea & Silent Meditation	08:00 Tea & Silent Meditation
19:00 Welcome Ceremony & Meditation	09:00 - 10:00 Vinyasa Flow	09:00 - 10:00 Vinyasa Flow
20:00 Dinner	10:00 Breakfast	10:00 Breakfast

	11:00 - 14:00 Free Time	12:00 - 13:00 Energy Healing & Chakra Workshop
	14:00 Lunch	13:00 Cake & Coconut Cleansing
	16:00 Vinyasa Flow	14:00 Lunch
	19:00 Dinner	16:00 - 17:00 Vinyasa Flow & Restorative Yoga
	21:00 - 21:45 Restorative Yoga	18:00 Depart

The Location is about 10 miles north of Kirrimuir and 1 ½ hours drive from the Forth Road Bridge. Aberdeen is just over an hour, and Glasgow 2 hours.

Price per Person & Booking

£245 Per Person shared Occupancy (twin or double rooms)

£295 Per Person single Occupancy

Price Includes;

- 2 nights accommodation
- Hearty Vegetarian Meals mixed with juices, smoothies, snacks & cacao treats to aid your personal detox requirements throughout the weekend
- Welcome Ceremony & Meditation on Friday
- 5 Yoga Classes (three on Saturday & two on Sunday)
- Daily Meditation
- Energy Healing & Chakra workshop
- Coconut Cleansing

DATES

Look out for more dates of the Happy Yoga retreat in the summer months. Sign up to our Newsletter to be the first to know!

Much Love,

Sunshine Yogini x