



MARINE HOTEL

BALLYCASTLE

**YOGA RETREAT WITH
SOULS BY THE SEA**



YOGA RETREAT WITH SOULS BY THE SEA

FRIDAY 16TH - SUNDAY 18TH AUGUST

IN THIS RETREAT

Friday 16th August

- **Check-in from 3pm:** Begin your retreat with a warm welcome.
- **Herbal Tea on Arrival:** Savor a soothing cup of herbal tea to settle in.
- **Welcome Ceremony:** Immerse yourself in the tranquil ambiance with a heartfelt welcome ceremony.
- **Slow Flow Yoga:** Unwind with a gentle slow flow yoga session to relax your body and mind.

Saturday 17th August:

- **Morning Yoga Session On The Beach:** Energize your day with a rejuvenating morning yoga session.
- **Breakfast:** Start your day with a wholesome breakfast.
- **Optional Journaling Workshop after Breakfast**
- **Healthy Lunch:** Enjoy a nutritious and delicious main course lunch.
- **Nature Walk:** Connect with nature on a serene walk, with the option to invigorate yourself with a sea swim.
- **Two-Course Evening Meal:** Delight in a gourmet two-course dinner at Marconi's Bistro.
- **Evening Yin Yoga:** End your day with a calming evening Yin yoga practice.

Sunday 18th August:

- **Breakfast:** Start your day with a wholesome breakfast.
- **Morning Yoga Practice:** Refresh your spirit with another revitalizing morning yoga session.
- **Closing Ceremony & Check-Out:** Conclude your retreat with a meaningful closing ceremony.

Optional sea dips are available throughout the retreat for those who wish to add an extra touch of adventure and refreshment to their experience.

Rates:

Solo Occupancy | £495 total for the Yoga Retreat in a Standard Room.

Double or Twin Occupancy | £350 per person sharing

Upgrades available to Seaview, Executive or Suite.

£50.00 booking deposit to confirm | Terms & Conditions apply.

Book by calling 028 2076 2222 or by emailing reception@marinehotelballycastle.com

