

# Yogajjuvenate in bonnie SCOTLAND!

with Deborah JOYa

Tour / Retreat with Yoga and Meditation, June 6-18, 2018

get info and register at  
[www.deborahjoya.com](http://www.deborahjoya.com)

- \* 5 nights in a castle in the lowlands
  - 2000 acres with lochs (lakes) and coast
  - all meals included
- \* 3 nights on the Isle of Skye in the Highlands
  - breakfast included
- \* 4 nights in Edinburgh
  - breakfast included
  - hop on hop off bus tour included
- \* 2 scenic train rides including the Harry Potter train
- \* everything is optional, many tours available
- \* yoga available most days, while at the castle we'll also have meditation and creative activities

from \$3900  
\$200 off for  
each friend  
you bring!



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Tour/Retreat with Deborah JOYa, June 6-18, 2018

All activities and meals are optional. Schedule is subject to change based on circumstances and needs of the group.

Wed June 6 arrive Edinburgh, get transportation to and check in at Premier Inn Edinburgh City Centre Royal Mile

Thu June 7

Free breakfast at hotel

9am Train bring or possibly buy lunch on train

1pm Arrive Stranraer - shuttle to Dunskey Estate

2pm Bagpipe greeting, snacks and drinks

5:30pm Opening circle, dinner

ONLY BREAKFAST IS INCLUDED WHEN NOT AT THE CASTLE

Option to purchase meals at the hotel, on a tour, or at a restaurant

Wednesday June 13

Option to hike, purchase rides or tours

Breakfast at hotel

9:30-12 hike to Fairy Glen, includes yoga and labyrinth meditation option

ALL MEALS INCLUDED WHILE AT THE CASTLE

Option to hike, purchase rides or tours

Thursday June 14

Option to hike, purchase rides or tours

7am Early yoga

Breakfast at hotel

Fri June 8 - Monday June 11

7am Early yoga

8:30am Breakfast

9:30 - 11am Yoga and Meditation

12pm Lunch or beach picnic

2pm Creative activity 2 days

5:30pm Dinner or fire circle barbecue

Friday June 15

Breakfast at hotel

9:30am shuttle to Kyle of Lochalsh

12pm board train to Edinburgh - plan to eat on train

7:11pm arrive Edinburgh - go to hotel

Tuesday June 12

7am breakfast

8am Shuttle to Ft. William, stopping for lunch

2:30pm Board Harry Potter train to Mallaig

4:30pm Arrive Mallaig, dinner in town

6pm Ferry to Armadale on the Isle of Skye

7pm Shuttle to hotel in Uig (about 1.5 hours)

Saturday June 16 - Sunday June 17

Breakfast at hotel

9am yoga in the park

24 hour hop on hop off bus tour to Edinburgh attractions provided

Monday June 18

Breakfast at hotel

Get transportation to airport or your next adventure!

call 480-861-9959 or get info and register at [www.deborahjoya.com](http://www.deborahjoya.com)!