

WELCOME PACK





THANKS FOR BOOKING YOUR YOGA & FITNESS RETREAT WITH US. WE ARE ALREADY LOOKING FORWARD TO WELCOMING YOU TO ROYAL COTTAGE AND CAN'T WAIT TO HOST YOU FOR A WEEKEND OF YOGA, GOOD FOOD AND OUTDOOR WORKOUTS.

WE HAVE SENT YOU SOME MORE INFORMATION IN THIS WELCOME PACK SO YOU KNOW WHAT TO BRING AND WHAT TO EXPECT, BUT WE ALSO LIKE TO SPEAK TO OUR GUESTS IN PERSON, SO IF YOU HAVE ANY QUESTIONS THAT ARE NOT COVERED FEEL FREE TO GIVE US A CALL ON 07456481699 OR SEND US AN EMAIL [INFO@BEYONDFITNESS.UK](mailto:info@beyondfitness.uk)

getting here

BY CAR

OUR ADDRESS IS ROYAL COTTAGE, STRONACHLACHAR, STIRLING, FK83TY OR YOU CAN COPY THIS LINK INTO GOOGLE MAPS:

[HTTPS://GOO.GL/MAPS/G8QMDCEJBTPE8Y9CA](https://goo.gl/maps/G8QMDCEJBTPE8Y9CA)

THIS IS AN IMAGE OF THE TURN OFF ONTO OUR PRIVATE ROAD. THERE IS NOW A GATE HERE AND A SIGN SAYING ROYAL COTTAGE. PLEASE LEAVE THE GATE AS YOU FIND IT. WE HAVE PLENTY OF GUEST PARKING AVAILABLE.



BY TRAIN & PLANE

THE NEAREST TRAIN STATIONS TO THE COTTAGE ARE GLASGOW CENTRAL AND STIRLING WHERE THERE ARE CAR RENTALS OR TAXIS AVAILABLE. THE NEAREST AIRPORT IS GLASGOW INTERNATIONAL (1.5 HOURS DRIVE FROM THE COTTAGE).

IF YOU NEED ANY HELP ON YOUR WAY TO ROYAL COTTAGE JUST GIVE US A CALL ON 07456481699. WE CAN ALSO ARRANGE TRANSFERS FROM MAJOR AIRPORTS AND TRAIN STATIONS IF NEEDED. JUST GET IN TOUCH.

itinerary

FRIDAY

4PM: GUESTS ARRIVE AT ROYAL COTTAGE

4:30PM: TEA & SNACKS

5:30PM: POST TRAVEL YOGA FLOW

7PM: EVENING MEAL

SATURDAY

8AM: FITNESS SESSION IN THE GARDEN

9:30AM: BREAKFAST

11AM: VINYASA FLOW

1PM: LUNCH

2PM: FREE TIME TO RELAX, READ A BOOK OR GO FOR A SWIM

4PM: CORE SESSION

4:30PM: GENTLE RESTORATIVE YOGA

7PM: EVENING MEAL

SUNDAY

8AM: 90 MINUTE VINYASA FLOW

10AM: BREAKFAST

11.30AM: FITNESS SESSION IN THE GARDEN/LOCAL WALK

1PM: LUNCH

2PM: FREE TIME TO RELAX, READ A BOOK OR GO FOR A SWIM

3PM: GUEST DEPARTURES

OUR ITINERARIES ARE FLEXIBLE BUT THIS GIVES YOU SOME IDEA OF WHAT WE WILL GET UP TO. ALL THE DAILY ACTIVITIES WILL CATER TO THE GROUP WE HAVE STAYING WITH US AND WILL OF COURSE BE WEATHER DEPENDANT. OUR ESCAPES ARE SOCIABLE BUT THERE IS ALWAYS TIME EACH AFTERNOON TO FIND THAT SECLUDED SPOT TO HAVE SOME RELAXATION AND ALONE TIME IF YOU WISH.

what to bring

WE PROVIDE ALL EQUIPMENT REQUIRED FOR THE YOGA AND FITNESS SESSIONS INCLUDING:

- YOGA MAT
- BLOCKS
- PILLOWS/BOLSTERS
- EYE PILLOW
- FOAM ROLLERS & MASSAGE BALLS

HOWEVER, IF YOU HAVE YOUR OWN YOGA EQUIPMENT, PLEASE FEEL FREE TO BRING THAT ALONG. YOU WILL ALSO NEED TO BRING SUITABLE AND COMFORTABLE CLOTHING TO WEAR DURING THE YOGA SESSIONS.

FOR OUR OUTDOOR FITNESS SESSIONS, MAKE SURE TO PACK:

- TRAINERS OR TRAIL SHOES
- WORKOUT CLOTHES
- WATERPROOF CLOTHING
- WARM JACKET
- HAT & GLOVES

LOCH KATRINE IS A GREAT SPOT FOR A SWIM SO DON'T FORGET YOUR SWIM STUFF!

DON'T WORRY ABOUT DRESSING UP IN THE EVENING. THE VIBE IS RELAXED SO WEAR WHAT YOU FEEL COMFORTABLE IN. A PAIR OF SLIPPERS IS A GOOD IDEA FOR THE EVENING AS WELL!

WE PROVIDE BATH TOWELS SO DON'T TAKE UP SPACE IN YOUR BAG WITH YOUR OWN. HAND SOAP, SHOWER GEL, SHAMPOO AND CONDITIONER ARE ALL PROVIDED IN REUSABLE BOTTLES. JUST BRING YOUR OWN TOOTHBRUSH AND TOOTHPASTE.

it's good to know

WEATHER

THE WEATHER IN OUR PART OF THE WORLD CAN CHANGE QUICKLY AND IT DOES GET WET! WE DON'T LET THIS STOP US FROM GETTING OUT AND ENJOYING WHAT LOCH KATRINE AND THE SURROUNDING NATIONAL PARK HAS TO OFFER, SO IF IT DOES RAIN IT'S BEST TO BE PREPARED. BESIDES, WE ALWAYS HAVE A WARM FIRE AND A GLASS OF WINE TO COME HOME TO AT ROYAL COTTAGE!

MIDGES

THE HIGHLANDS OF SCOTLAND ARE HOME TO MIDGES AS WELL AS US AND WE DO ENCOUNTER THEM ON OUR RETREATS IF THERE IS NO BREEZE OR SUN TO SCARE THEM OFF. WE CAN CHANGE HOW WE RUN OUR ACTIVITIES TO AVOID THEM TO SOME EXTENT AND WE ALSO HAVE MIDGE NETS AND SPRAY AS A LAST RESORT. LEGGINGS AND LONG SLEEVES CAN HELP.

WIFI AND MOBILE RECEPTION

ROYAL COTTAGE IS REMOTE AND AS SUCH OUR INTERNET IS VERY SLOW. WE QUITE ENJOY THIS AS IT ACTS AS A BUFFER FROM THE STRESSES OF MODERN LIFE AND ALLOWS US TO WIND DOWN, BUT IF YOU DO NEED TO SEND THE ODD EMAIL OR MESSAGE ON SOCIAL MEDIA, THE INTERNET SHOULD COPE! WE ALSO DON'T GET ANY MOBILE RECEPTION AT ROYAL COTTAGE, BUT OUR GUESTS ARE WELCOME TO USE THE HOUSE PHONE IF IT IS URGENT. IT IS ALSO A GOOD IDEA TO LEAVE OUR NUMBER (01877 386285) WITH ANY FRIENDS OR FAMILY THAT MIGHT NEED TO GET IN TOUCH.

what we need from you

NOW THAT YOU HAVE A BIT MORE INFORMATION FROM US,
PLEASE FILL OUT THE ONLINE FORM THAT IS LINKED BELOW.
THIS JUST LETS US KNOW A BIT MORE ABOUT YOU AND HELPS
US MAKE YOUR STAY AS ENJOYABLE AS POSSIBLE.

[HTTPS://FORM.JOTFORM.COM/210805553544049](https://form.jotform.com/210805553544049)

