

## 5-Day Wellness Retreat Itinerary (Tuesday 17th – Saturday 21st June 2025)

### Tuesday 17th June: Check-in from 2pm

You will be welcomed by our Front of House Team and given a brief orientation (if this is your first time at Knockinaam) before being provided with assistance with your luggage and escorted to your room.

After settling in, you are cordially invited to join me in the Morning Room and Drawing Room between 2-4pm as I will be hosting a Welcome Afternoon Tea.

On Tuesday evening (and every evening except Saturday), you will have the opportunity to enjoy a seven course Taster Menu which will change daily and feature the finest quality local produce as well as fruit, vegetables and herbs grown on site in our Kitchen Garden which has been designated by the Soil Association of Scotland as “in conversion” to full organic status.

As we appreciate that travel can sometimes be stressful and tiring, Tuesday afternoon and evening is all about relaxing and getting to know your fellow guests.

### Wednesday 18th June: Qigong, Shinrin Yoku & Japanese Tea Ceremony

Wednesday will start and end with Qigong Sessions on our private beach led by Mark Pogson, fellow with the Shiatsu Society and experienced Shiatsu practitioner.

Qigong is a form of traditional energy exercise from China related to Taoism, Chinese Medicine, and internal martial arts like Tai Chi. It involves postural alignment, mobilising joints, breath work, meridian stretches, energy awareness, gentle flowing movements, and meditation.

In the morning, Mark will lead you in “Active Qigong” - an energising session and before bedtime, Mark will lead a "Calming Qigong" session.

These will normally be standing sessions but if you would like to participate but don't feel able to commit to a standing session, don't worry, Mark has developed an option for chair work for less able participants in the same session.

You are advised to wear loose fitting clothing and soft, flat flexible footwear (most trainers are suitable).

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After enjoying a breakfast packed with Superfoods, you can enjoy some down time and relax either in the privacy of your own room or in the Residents Lounge.

At 11.00 am each day, you are cordially invited to join Head Chef Tony Pierce and Head Gardener Diana White in our Kitchen Garden to harvest fruit, vegetables and herbs which will be transformed by our talented Kitchen Team into nutritious and delicious dishes to be enjoyed during dinner. After which, you will be heading off to Kilsture Forest in South Machars for a day with Professional forager and outdoor practitioner Christy Miles from Way of the Wild who will take you on a journey, introducing you to the medicinal and edible properties of the plants and trees to be found in the forest.

After foraging for wild food ingredients, Christy will prepare lunch - Wild Pizza! - cooked over an open fire!

After lunch, Christy will lead you in Shinrin-yoku & the Japanese Tea Ceremony.

Discover the Japanese practice of Shinrin-yoku (Forest Bathing), relax and connect with nature followed by a traditional Japanese Tea Ceremony, reflecting on the experience of forest bathing and expressing gratitude to the forest.

Transportation to/from Kilsture Forest is included in your Wellness Retreat package. We will have you back to Knockinaam in plenty of time for dinner and of course your Calming Qigong session on the beach as the sun goes down...

## **Tuesday 19th June: Blue Health & Mindfulness**

After a restful night's sleep, a nutritious breakfast, and foraging ingredients in our Kitchen Garden for your supper, you will be transported on a luxury coach to the beautiful, sandy Killantringan bay near Portpatrick.\*

You will spend the day with Chris Saunders from Adventure Carrick. Adventure Carrick is a branching arm of the charity Adventure Centre for Education (ACE) based in Girvan.

Chris will lead a day dedicated to Blue Health & Mindfulness:

- Finding Awe: A guided session to reconnect with nature and cultivate a sense of wonder in everyday life.
- Sound Baths: Immersive sound therapy using gentle vibrations of nature to relax and restore.

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Blue Health Walk: A Guided coastal walk promoting mental clarity and social connection.

- Cold Water Dipping: Revitalise the body and mind through safe, guided exposure to cold water.

\*Please ensure that you wear suitable footwear and weather-appropriate clothing including a swimming costume and towel in a bag for the cold-water dip.

Then it's back to Knockinaam for dinner.

## Friday 20th June

Friday will start and finish with Yoga Sessions on our beautiful expansive lawn led by Stacey Joy.

The pre-breakfast session will be a Forrest Yoga class designed to enliven your spirit and awaken your connection to your inner landscape. With a gentle vinyasa flow along with longer standing poses, Stacey's classes are designed to challenge you but also to meet you where you're at, no matter what your experience in yoga is, you'll come off the mat feeling inspired and rejuvenated and ready to take on your life each day.

After another mindful breakfast and some down time, you will be transported to the beautiful Glenwhan Gardens & Arboretum. The day at Glenwhan will include a V.I.P. Tour and lunch.

Following dinner, Stacey will lead a Yin Yoga Session which is a passive yoga class allowing you to work on a more somatic level and bringing you into a deeper state of consciousness and relaxation. A wonderful way to unwind at the end of the day and help promote restful sleep.

## Saturday 21st June

After breakfast, guests will have the opportunity to enjoy some down time or take a stroll into the charming Portpatrick village with its small sandy bay and pastel-coloured houses before the evening's activities get underway.

The last evening of the retreat coinciding with the Summer Solstice will feature a Bonfire on the Beach with an affirmation ceremony followed by a nutritious Outdoor BBQ at 'The Cove,' and end with the famous Cacao Ceremony.

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Stacey Joy will lead cacao and sound ceremonies where mantras, live music, gentle movement and the heart and mind enhancing power of ceremonial cacao combine to reset, rejuvenate, and realign your body and spirit. Trained in Ecuador, the cradle of cacao, Stacey brings the Indigenous knowledge of this sacred plant and combines it with her own wisdom of music and yoga offering a unique and transformative experience.

All the instructors will attend this final event.

## **Sunday 22nd June**

Guests can enjoy one final nutritious breakfast before departing.

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We look forward to welcoming you to Knockinaam Lodge for a truly restorative retreat. If you have any questions or special requests, please don't hesitate to reach out.

Wishing you a peaceful and rejuvenating experience.

Best regards,

**Des Caldwell**

General Manager, Knockinaam Lodge