

## **Monday, June 18**

Travel day; goodbye USA, Hello Scotland!

## **Tuesday, June 19**

Welcome to Glasgow and the beautiful Carlton George Hotel. Everyone will be arriving from different destinations and on different flights. You will be responsible for hiring a taxi or Uber to get to the hotel, easy peasy, it will be about 20£. Check-in is after 2:00 pm, let me know if you are scheduled to arrive earlier so we can work something out.

Your choice for this day – maybe a quick walk to the Gallery of Modern Art or Glasgow Cathedral; shopping on Buchanan Street. Or take a nap! You're on your own for meals, so many exciting options, Glasgow is filled with a variety of great restaurants, check Trip Advisor for reviews. (You are always welcome to join me, I'll have a plan!)

We'll be meeting for a drink around 6:00 pm if you would like to join us, let me know! Remember you're jet lagged, try to get to bed and synch up with our new time schedule (5 hours ahead of East Coast time).

## **Wednesday, June 20**

9:00 am meet for breakfast (included) in the hotel dining room; introductions and review itinerary. Meet in the Lobby at 10:30 am to head over to Yoga Healing in Glasgow for a yoga class (optional, included).

Super chill day in Glasgow, maybe exploring the West End or downtown shopping district. Option to join Jill for a tour of Kelvingrove and the beautiful University of Glasgow campus in the afternoon and maybe a stop in a pub for a drink.

On your own for dinner this evening, maybe cocktails out and a quick bite or make reservations at the rooftop dining room at the hotel. This evening get organized and do preliminary pack-up, we depart for the Eco-Lodge in the morning!

## **Thursday, June 21**

Breakfast at the hotel (included) OR slip out and grab a coffee and croissant at any of the sweet local cafes. Hotel check-out; meet in the lobby at 11:00 am. Departure for the Eco-Lodge; stop in beautiful Loch Lomond to take photos, see the beautiful vistas. We'll either pack a picnic lunch OR have lunch at the Eco-Lodge (included).

Arrive at the Eco-Lodge; welcome with Laura, our hostess and introduction to our accommodations, tour of the facility and hear about all the options for water therapies. All meals included at the Eco-Lodge! Yoga room will be available for self-practice. Schedule massages (separate fee).

6:30 pm Dinner

8:00 pm Summer Solstice Ritual, intention setting and chanting in the yoga room. Goodnight!

### **Friday, June 22**

8:30 am Meditation

9:00 am Yoga (1.25 hour)

10:30 am Brunch and then free time! Hike, sauna, soak, read – enjoy!

1:00 to 3:00 pm Help-Yourself Lunch (soup and bread) and free time

2:30 pm Guided Walkabout (optional and weather dependent!)

4:30 pm Yoga (1.5 hour)

6:30 pm Dinner

Social Time in the Great Room and Goodnight!

### **Saturday, June 23**

8:30 am Meditation

9:00 am Yoga (1.25 hour)

10:30 am Brunch

11:15 am Adventuring ... a visit to Kilchurn Castle ruins

1:00 to 3:00 pm Help-yourself lunch (soup and bread) and free time

4:30 pm Yoga (1.5 hour)

6:30 pm Dinner

Social Time in the Great Room and Goodnight!

### **Sunday, June 24**

Lazy Sunday morning ...

9:30 am Meditation/Yoga (45 min.)

10:30 am Brunch

11:30 am Depart for Kilmartin Glen

Tour the Museum and the Kilmartin Parish Church, viewing beautiful Christian stone carvings including the Kilmartin Cross; option to grab a snack at the Kilmartin House Museum cafe'; if you like you can do

the hike to visit the cairns and standing stones or ... hop back into the car to travel down the road to Nether Largie standing stones and TempleWood. One more car hop, and then option to hike/climb up Dunadd Fort for beautiful views at the birthplace of Scotland. (Dress appropriately, this is not a trail, this is climbing over rocks and very muddy, wet ground).

2:00 to 3:00 pm Help-yourself lunch (soup and bread)

5:00 pm Restorative Yoga (one hour)

6:30 pm Dinner

Social Time and pack up, we leave tomorrow!

### **Monday, June 25**

8:30 am Meditation

9:00 am Yoga (1 hour)

10:30 am Breakfast

Noon Departure for the beautiful sea-side town of Oban! Settle into accommodations at the Royal Hotel; option to hike up to McCaig's Tower before our 3:45 pm tour of the Oban Distillery, one of Scotland's oldest sources of single malt Scotch Whiskey.

5:00 pm Farewell to those departing back to Glasgow to return to the US (we'll have to talk about arrangements and an overnight in Glasgow, it's about a three-hour train ride back to town, and we'll see what flight you schedule to get back home. Train ticket and overnight in Glasgow included; you will be responsible for taxi fare from the bus station to the hotel and then from the hotel to the airport; depending on group size we may be able to book a group rate); farewell also to those folks heading off on their own adventures! For those of you continuing your Uttara Yoga journey ...

Our adventure continues! A lovely evening in Oban. You're on your own for dinner, reservations recommended; wander around this beautiful little seaside town and enjoy your evening.

### **Tuesday, June 26**

Breakfast at the hotel (included)

9:30 am Meet in the hotel lobby to walk to the Ferry Terminal

10:00 am Ferry ride to the Isle of Mull; exploration, adventuring and a delicious lunch (included). Ferry from Mull to the Isle of Iona, birthplace of Celtic Christianity; tour the Iona Abbey. Ferry to return to Oban; you're on your own for dinner, make reservations in advance if you want a specific restaurant, and enjoy!

### **Wednesday, June 27**

Breakfast at the hotel (included)

10:00 am Hotel checkout and then load up the van; off to Castle Stalker on Loch Linneah; then drive through incredible Glencoe, one of the most breathtakingly beautiful parts of our journey; stop for lunch.

3:00 pm (Time estimate) continuing to Isle of Skye, stop at Eilean Donan Castle in Kyle of Lochalsh  
Welcome to Isle of Skye, the City of Portree and the Rosedale Hotel!

7:30 pm Group dinner at The Granary (included).

### **Thursday, June 28**

9:00 am Departure to explore Skye! (get up early to have breakfast at the hotel (included) or just grab a coffee before as we meet up)

Drive the Trotternish Loop; hike the Old Man of Storr; picnic lunch provided. See the incredible natural formations in the Quirang; hike the Fairy Pools; and finish with a visit Talisker single malt Scotch whisky distillery.

On your own for dinner, enjoy the evening and pack up; tomorrow we depart for Edinburgh.

### **Friday, June 29**

9:00 am Check out (grab some breakfast (included) or a coffee); we're boarding the van to go to Edinburgh; we'll stop for a cruise on Loch Ness via Loch Ness and stop in Perthshire for lunch. Arrive in beautiful historic Edinburgh! Check in to the Parliament House.

On your own for dinner, explore!

### **Saturday, June 30**

Breakfast at the hotel (included); final schedule to be sorted depending on everyone's returning flights. Plan is to take the train from Edinburgh to Glasgow and then grab a cab to the airport. Or maybe, more adventuring on your own!

Goodbye beautiful Scotland, we know we'll be back soon!