



CARA

— ORGANIC BEAUTY —

Yoga Retreat

6th – 8th of March 2020

Lough Eske Castle

LOUGH *eske* CASTLE
— D O N E G A L —

A scenic view of a lake with mountains in the background and a forest in the foreground. The sky is blue with some clouds. The mountains are brown and green. The lake is blue. The forest is green.

Lough Eske Castle is the only five-star hotel in County Donegal, nestled within a 43-acre forest estate, hugging the shores of Lough Eske and overlooked by the Bluestack Mountains.

8km from Donegal Town in Northwest Ireland; Lough Eske Castle is the ideal place to unwind and take some time to yourself, enjoy contemporary cuisine inspired by local Irish produce, rejuvenate in the spa's picturesque indoor pool and thermal suite, or explore the grounds at Lough Eske with the castle's complimentary bicycles, walking sticks, maps and rucksacks.

Throughout your stay, the following activities are included –

- **2 Vinyasa Flow Sessions**
- **2 Gentle Yin Yoga Sessions**
- **1 Wellness Workshop**
- **1 Guided Mindfulness Walk**

**Plus optional added spa treatments and/or outdoor activities*

Your yoga instructor for the weekend is **Tara O'Rourke**, the yoga practice is suitable for all levels, including complete beginners.

There is an opportunity for outdoor activities including horse riding, surfing, golfing, strolls by the sea or simply relaxing in nature and enjoying the spectacular scenery along the Wild Atlantic Way.



Lough Eske Castle is ideally located to explore Donegal, only 10 minutes' drive from Donegal Town. Featuring a charming harbour, authentic traditional pubs, serene beaches and stoic stone remains of centuries past like Donegal Castle and the 15th century Donegal Abbey, Donegal Town is worth a visit. Within 20 minutes' drive of Lough Eske Castle there is stunning scenery and the opportunity to learn how to surf at Rossnowlagh and Murravagh beaches. Within an hour's drive of Derry/Londonderry Airport and within two hours' drive from Belfast and Knock Airports, Lough Eske Castle has many connections for our international guests.





Itinerary

6th - 8th of March 2020

Friday 6th of March

3.00pm

Check In

4.00pm - 5.30pm

A warm welcome followed by Gentle Yin Yoga

5.45pm - 7.00pm

Wellness Workshop

7.30pm

Dinner

Saturday 7th of March

8.00am - 9.30am

Vinyasa Flow

10.00am

Breakfast

11.00am - 2.00pm

Free Time*

2.00pm - 3.00pm

Guided Mindfulness Walk

5.45pm - 7.00pm

Gentle Yin Yoga

7.30pm

Dinner

Sunday 8th of March

8.00am - 9.30am

Vinyasa Flow

10.00am

Breakfast

11.00am - 12.00pm

Free Time*

12.00pm

Check Out

Residential Yoga Package Offering

Two nights' accommodation, with full Irish breakfast each morning, an evening meal in the award-winning Cedars restaurant on both nights, access to the leisure facilities plus 2 Vinyasa Flow sessions, 2 Gentle Yin Yoga sessions, 1 Wellness Workshop and 1 Guided Mindfulness Walk on the 43 acres of woodland at Lough Eske Castle.

- **Deluxe Double or Twin Room from only €299 per person sharing (based on double occupancy)**
- **Deluxe Double Room from €425 per person (based on single occupancy)**

Yoga Retreat Package (Excluding accommodation)

Avail of 2 Vinyasa Flow sessions, 2 Gentle Yin Yoga sessions, 1 Wellness Workshop and 1 Guided Mindfulness Walk, as well as a meal on both evenings, breakfast on both mornings, plus access to the leisure facilities.

- **For only €149 per person**

Please advise of any dietary requirements at the booking stage.

Excludes optional extras on offer (we recommend these are booked prior to arrival).

For more information please visit: www.lougheskecastlehotel.com

Please note this retreat is subject to availability, early booking is required as spaces are limited. Deposit required.

For more information or to book, please contact the Lough Eske team:

reservations@lougheskecastlehotel.com

+353 749725100

www.lougheskecastlehotel.com



*Optional extras in Free Time**

CARA
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Restore inner harmony and balance by allowing CARA Organic Beauty Spa to take you on a journey, tuning into the elements, to reconnect with body, mind and soul. Our spa encompasses a more natural and therapeutic way of living; in addition to our luxurious facial treatments and deeply restorative massage therapies, we have a variety of holistic offerings and intensive health retreats available. Featuring seven treatment rooms with an impressive array of spa treatments with luxury brands ESPA and Anne Semonin, as well as, a spacious relaxation area for post treatment sanctuary.

[Click here to view our spa brochure and price list](#)

Other options to enjoy during your free time include the following –

- **Traditional Afternoon Tea in the castle drawing rooms (from €24 per person)**
- **Local music in our Gallery Bar on Friday and Saturday evening from 9pm**
- **Take advantage of complimentary access to the pool and leisure facilities**
- **For the best scenery in Donegal take an afternoon to explore the highest sea cliff's in Europe – Sliabh Liag, located 60 minutes' drive away from Lough Eske Castle**
- **Explore Donegal and enjoy any of the follow activities within 30 minutes' drive of the castle:**
 - *Take a leisurely walk or learn to surf at Rossnowlagh Beach*
 - *Challenge yourself with a round of golf at one of the finest links courses in Ireland, Donegal Golf Club*
 - *Refresh yourself and see the rugged Donegal coastline on horseback at Donegal Equestrian Centre*
 - *Enjoy some retail therapy in Donegal Town, only 10 minutes from the castle*

We do recommend that all treatments and activities are pre-booked to avoid disappointment.



Tara O'Rourke founded SaolBeo Therapies and Training in 2015, based at Fitzwilliam Square, Dublin. She is a qualified Wellness Therapist, Homeopath, Yoga and Meditation teacher; studying in Ireland, UK and Germany.

She is passionate about bringing her experience of therapies and practices to support clients through life's challenges. SaolBeo specialises in Dr. Hauschka Treatments, Mindful Body Oil Treatments, Meditation, Yoga, Nutrition and Natural medicine.

Tara has also developed themed Yoga Retreats in Ireland running every spring and autumn and currently teaches at the Yoga Room Dublin and Yoga/Meditation for corporate clients. SaolBeo's philosophy is to create an environment where skilled practitioners bring deeply relaxing treatments and practices that initiate positive change internally thus permeating externally into our everyday lives.





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