Yoga & Mindfulness Retreat
At Firbush Outdoor Centre, Killin, Perthshire
Friday 18 - Sunday 20 October 2018
Friday 27 - Sunday 29 March 2018

INCLUDES
ACCOMMODATION,
MEALS AND
EQUIPMENT

BOOK TODAY:
To secure your place on the Firbush Yoga & Mindfulness Retreat, please book at the Pleasance Sports Complex & Gym reception.

Location
Firbush Outdoor Centre
Killin
Perthshire
FK21 8SU

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Yoga & Mindfulness Retreat

A weekend of yoga, mindfulness & outdoor activities at Firbush, on the banks of Loch Tay.

Our yoga & mindfulness retreat weekends will be returning to Firbush Outdoor Centre in October 2019 and March 2020. The retreats are a collaboration between Sport & Exercise and Chaplaincy, which will be led by our Senior Instructor June Adamson and Associate Chaplain Ali Newell.

Dates:
Friday 18 to Sunday 20 October 2019
Friday 27 to Sunday 29 March 2020

Price:
University of Edinburgh Students - £142
Non-students (staff and the general public) - £172

WHAT TO EXPECT:
- Guests are invited to arrive between 6.45 pm and 7.30 pm on Friday in time for supper at 8 pm.
- Accommodation is basic bunk rooms (sleeping a max of 4 people) with shared bathroom facilities. Bed linen is provided but you are required to bring your own towel.
- Guests are asked to make up their beds and clear their tables at meals.
- There is no on-site shop and the nearest shops are located 3 miles away in the village of Killin.
- All catered food on the retreat will be vegetarian, but please inform June if you have any special dietary requirements.
- Free tea and coffee will be available throughout your stay.
- Firbush has its own bar which sells reasonably priced alcohol including bottled beer, lager, cider, spirits, soft drinks and a range of wines. A volunteer is needed to run the bar each evening.

Clothing:
- Waterproof jacket
- A few pairs of thick warm/woolen socks
- Comfortable walking trousers
- Thermals/base layers (best to pack several layers to regulate to the changeable Scottish weather)
- Spare clothes
- Hat
- 2 Towels
- General items:
  - Toiletries (shower gel, toothpaste, shampoo & conditioner etc.)
  - Medications or inhalers
  - Sunglasses and sunscreen
  - Thermos flask and water bottle for drinks
  - Plastic box for your sandwiches
  - Snacks or treats for yourself if desired

What’s recommended for water-based activities:
- Swimsuit/shorts
- Long-sleeved top (in cold weather we advise 2 layers)
- A wetsuit (provided by Firbush)
- Waterproof Jacket (provided by Firbush)
- Thick socks with old trainers/wetsuit boots

OUTDOOR ACTIVITIES:
There’s always a choice of instructor-led activities where you will be guided and supervised. For sailing and paddle sports full safety cover is provided. Firbush is also located on bike route 7, and there are plenty of opportunities nearby for cycling on local trails. Residents can dip in and out of activities as they wish and Firbush staff can advise on local sightseeing opportunities. Activities will depend on season, weather and staff availability. If you have a particular interest, please check beforehand if it will be possible.

WHAT TO BRING:
You do not need to bring any specific equipment as Firbush will provide everything required for the activities. However, if you have your own equipment you are welcome to bring it along and our instructors will check for suitability on the arrival evening. Additionally, wetsuits and buoyancy aids will all be provided.

What’s recommended for water-based:
- Thick socks with old trainers/wetsuit boots

WEEKEND INFORMATION

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Friday</td>
<td>10.00 - 12.30</td>
<td>Early Yoga</td>
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<td>12.30 - 14.00</td>
<td>Packed lunch</td>
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<td>14.00 - 16.30</td>
<td>Outdoor activities</td>
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<td>17.00 - 17.45</td>
<td>Cake &amp; tea</td>
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<td>Saturday</td>
<td>07.30 - 08.25</td>
<td>Early Yoga</td>
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<td>08.30 - 09.45</td>
<td>Breakfast (choice of cereals, toast, cooked breakfast with tea &amp; coffee). Prepare packed lunch after breakfast</td>
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<td>09.45 - 12.30</td>
<td>Yoga &amp; mindfulness</td>
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<td>12.30 - 14.00</td>
<td>Packed lunch</td>
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<td>18.15 - 18.45</td>
<td>Optional advanced yoga session</td>
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<td>19.00 - 21.00</td>
<td>Dinner (3-course meal)</td>
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<td>Sunday</td>
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<td>14.00 - 15.00</td>
<td>Lunch</td>
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<td>Yoga &amp; Mindfulness</td>
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<td></td>
<td>18.00 - 20.00</td>
<td>Evening meal</td>
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GENERAL FIRBUSH INFORMATION:
- Check-in is available from 5 pm onwards, if you arrive before this time, you may not be able to gain access to the centre. On arrival please report to the Duty Instructor with your completed declaration forms which are essential to conform to licensing, safety and fire regulations.
- All private vehicles should be left in the upper car park thus ensuring access to the building by emergency vehicles at all times.
- Residents should read the fire drill instructions which are situated on the back of all cabin doors and beside all fire alarms.
- For Health and Safety reasons a NO SMOKING POLICY applies throughout the main buildings and basement at Firbush.
- We have our own bar at Firbush but the Licensing (Scotland) Act (2005) prohibits Firbush from allowing residents to bring in private supplies of alcohol. Drinks at Firbush are reasonably priced. Please co-operate with us by not bringing alcohol to Firbush.
- The Centre is not resourced to deal with family pets and we expressly request that you do not bring animals to Firbush.

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