



TAYMOUTH MARINA  
LOCHSIDE SPA RESORT

# THE “WILD WOMAN” WELLNESS RETREAT



AT TAYMOUTH MARINA, LOCH TAY  
26TH NOV - 28TH NOV 2021



# Loch Tay

THE LOCATION OF ANY  
RETREAT SHOULD REFLECT IT'S  
PURPOSE AND WE CAN'T THINK  
OF ANYWHERE THAT EMBODIES  
WILD WELLNESS BETTER  
THAN HERE.

The Largest of the lochs in Perthshire,  
Loch Tay is truly magnificent.

A deep body of water with a vast  
ecosystem. It is flanked by the  
imposing Ben Lawers Mountain Range  
to the West and is the epitome of  
Scottish wilderness.

There is a lesson to be learned from  
the stunning surroundings of Loch Tay-  
the quiet strength of the munros, the  
way the local wild life lives in  
harmony and the serenity of the  
Loch itself.

NATURE MAKES US  
**FEEL MORE ALIVE,**  
**PRESENT, IN THE MOMENT**  
AND **BETTER ENGAGED**  
WITH THOSE ROUND US.

# TAYMOUTH MARINA LOCHSIDE SPA RESORT

Find some truly indulgent Wild Wellness at their beautiful Outdoor 'HotBox Spa', which in-line with COVID Guidance is available on an exclusive basis. This 2 hour uniquely invigorating and relaxing experience includes full use of the Outdoor HotPool, HotBox Sauna, Steam Room, Jetty, Loch Tay Slide and relaxing outdoor terrace all surrounded by loch and mountain views. Fresh towels, fruit-infused water and waiter service are also included.



The Ferryman's Inn will cater beautifully to our epicurean needs. A Gastro-bar with a wood-fired pizza oven and open grill taking centre stage on a mouth-watering menu that caters for all including vegan, vegetarian and gluten free diets.



Their carefully curated food and wine menu are influenced by Scotland's exquisite larders. The produce is local, sustainable, and organic.





## TAYMOUTH MARINA ACCOMMODATION

This luxury accommodation and wellness resort situated on Loch Tay in Kenmore, Highland Perthshire is the chosen venue for the Wild Woman Wellness retreat.



The resort is a peaceful base from which to relax and re-energise. Outside of any planned sessions you can kick back in the five-star standard self-catered accommodation – many with private hot tubs – and take in the magnificent scenery overlooking Loch Tay. The 1 and 2 bedroom properties available are designed with relaxation in mind. Featuring modern furnishings with a fresh feel and majestic views across the Loch onto the forests of Drummond hill, they offer a home from home space where you can reflect on the day and get some much needed rest.



## AMENITIES

Wifi throughout.

Kitchen includes: dish washer, Fridge,/ Freezer, Microwave, Washing machine, Dish Washer, coffee Machine, Flat Screen TV.

Private Terrace.

All linen and towels provided.

House keeping starter pack.



# **“WILD WOMAN”**

## **WELLNESS RETREAT**

### **The Programme**

#### **FRIDAY 26TH**

Check in 3pm

Welcome Mixer - Affirmations Diaries

SUP session

Time to unwind and change for dinner

Welcome dinner - food for the soul.

Dusk dip to close



#### **SATURDAY 27TH**

Greet the Day yoga session

Breakfast together - smoothie bowls/fruit etc

Hillwalk/Forest Bathing

Picnic lunch while out walking

Festival dinner

Wine Tasting

Meditation round the fire pit in  
the exclusive Hot Box Spa



#### **SUNDAY 28TH**

Slow start -Indulgent Breakfast hamper in room  
Aromatherapy session with Mags from Divine Hag.

Final Swim/SUP session

Wood Fired Pizza for lunch and head home.



## YOUR "WILD WOMAN" WELLNESS RETREAT TEAM

Maryann Yogae



Trained and qualified as a yoga teacher in the shalas of rural India, studying asanas and meditation techniques under the wisdom and guidance of my incredible teachers, Sudhir Rishi, Deepak Sharma and Jenna Knaik. I specialised my teachings in Ashtanga and Vinyasa Yoga- Yoga Alliance UK and Yoga Alliance USA certified.

I have also been a PT for over 12 years working with clients across the world, specialising in sport-specific coaching, elite athlete training, performance and injury rehabilitation. I have dedicated many years of my life to helping others in achieving their goals, in gaining clarity and in living a fuller, happier life. Yoga is a natural progression from here, not only physically, but in bringing us strength, freedom from fear, anxiety, stress and ultimately guiding us to inner peace- something every one of us craves.

My style of yoga teaching is relaxed and flowing- encouraging self exploration, creativity and connection to breath, and learning to feel through the practice to make the experience as personal to each individual as it should be. I firmly believe that with courage, self-belief and a little sprinkling of self-love, you can truly achieve anything. Yoga and fitness bring me these things in wild abundance- and I hope to share these gifts with you too.

We can all be happy- sometimes we just need to be reminded of who we already are and of the magic that lives within each and every one of us.

See you on the mat soon! Namaste,

*Maryann - Yogae*

## YOUR “WILD WOMAN” WELLNESS RETREAT TEAM



Jen Hardie

Digital Marketing Agency Owner/Founder &  
International Best Selling Author

As a serial entrepreneur, abundance hacker Jennifer is on a mission to serve 1 million women, around the globe, who are ready to step into their best selves. Her background stems from performing and writing and has led now to sharing the stories of brands and businesses globally through No Filter Marketing Agency, born post pandemic.

As a mother of 3, she understands the pressures of motherhood whilst building an empire and wants to ensure that women realise that you can absolutely have it all! It's a case of working smarter not necessarily harder.

Realising her passion for making women feel on top of the world she put together an online Digital Marketing Programme helping women understand the tech and strategies behind growing their businesses to 6 figures and beyond. In addition to programmes and courses she also holds business retreats and VIP days around the globe and has a collaborative book writing project for female leaders and influencers to share their story called “She Is Unstoppable”.

Jen has been featured on STV, BBC TV & radio, Thrive Global and Huffington Post to name a few. She is the Scottish Ambassador for Ladies of all nations and has many philanthropic projects on the go.





## YOUR “WILD WOMAN” WELLNESS RETREAT TEAM



Katie Easton

Social Media Manager, Lifestyle Blogger  
and Content Creator. Wild Swimming  
Enthusiast.

While her career titles have focused on digital marketing & content creation, at heart Katie is a storyteller. Using stories, imagery and the power of social technology she brings consumers and brands together. Outside of work this theme continues and Katie is passionate about connecting women through story telling, feminism and the beautiful outdoors. Wild swimming and paddle boarding are two of her favourite ways to unwind and disconnect with a busy lifestyle. A mother of two and a motherhood/ lifestyle blogger Katie has been featured on BBC Scotland The Nine, BBC Radio and Clyde 2 to name a few, speaking out about maternal rights, family life in and around Glasgow and feminist subjects.




Margaret Morrison-Macleod BSC

Business Owner/ Aromatherapy Alchemist.  
Owner and creator of The Divine Hag,

Margaret built her aromatherapy brand around the long history of the feminine healing skills found in Celtic traditions. She creates aromatherapy products that fragrance both the home and person using non toxic, natural fragrances. Her range has won several top industry awards and been featured in top UK publications including Cosmopolitan magazine.

Margaret uses her extensive knowledge and her hypersensitivity to smell to educate, create, and enhance the lives of other women at all stages of life.



A person is captured mid-jump, falling into a calm lake. The sun is low on the horizon, creating a bright, shimmering reflection on the water's surface. The sky is filled with soft, golden clouds. In the foreground, a wooden structure, possibly a slide or part of a pier, extends into the water. The background shows a range of hills or mountains under the twilight sky.

*We hope you can join us!*

e:marketing@taymouthmarina.com  
to reserve your place.



TAYMOUTH MARINA  
LOCHSIDE SPA RESORT

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## Pricing and Apartments

£550 per person for 2 people sharing a 2 bedroom apartment.

£650 for a one bedroom private apartment.

£850 (£425 per person) for 2 people sharing a one bedroom apartment. This is recommended for close friends/family as it is sharing a double bed.

|   |               |           |
|---|---------------|-----------|
| • | Ben Hope      | 1 bedroom |
| • | Ben Oss       | 1         |
| • | Ben Cruachan  | 2         |
| • | Ben Lawers    | 2         |
| • | Ben Nevis     | 2         |
| • | 2 Lawers View | 2         |
| • | 9 Lawers View | 2         |
| • | 5 Lochview    | 2         |
| • | 6 Lochview    | 1         |
| • | 9 Lochview    | 1         |
| • | 10 Lochview   | 1         |

(More apartments may be released due to demand).

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