

Welcome to Little Cumbrae Island

ITINERARY

Friday Arrivals

For all arrivals water, Tea or juice will be available

On arrival, everyone will need to assemble in the main hall. Here:

- Rooms will be allocated based on your health & well-being
- Priority & preference will be given to people with disability
- Health & safety information will be given
- If needed, other important announcements will be made now
- Everyone will get a chance to settle down & get comfortable in their allocated rooms
- Depending on the time of your arrival, lunch, snacks, or tea will be served
- All will assemble in ground floor hall

History of the island and you will be taken around the castle

16.30 – Yog session

18:00 – 30min break

18.30 – Dinner

19:30 – Open discussions

Saturday Morning

06:00 – Yog session

08:00 – Break

08.30 – Breakfast

09:00 – 1hr break to get ready

10.30 – Island Trek: Walk along the island in a group

12.30 – Lunch

13:30 – 1hr break

14:30 – Assembly in the hall for Acupressure & Open discussions

15:30 – Musical Entertainment (Bhakti songs, Bhajans, Antakshari, etc)

17:00 – Yog session

18.30 – Dinner

Sunday morning (Varies depending on weather and sea tide)

06:00 – Yog session

08.00 – Breakfast/Brunch

09:00 – Pack your luggage/Clean your rooms

10:00 – Assemble in the hall and await ferry to take you back to mainland Scotland

<https://www.flickr.com/photos/98346459@N00/sets/72057594095674522/>

IT MAY CHANGE WITHOUT NOTICE .SUBJECT TO WEATHER AND CIRCUMSTANCES