

CARA

— ORGANIC BEAUTY —

Yoga Retreat

15th - 17th January 2027



Embrace the joy of reconnecting
with your yoga practice

 **Redcastle**
Oceanfront, Golf & Spa Hotel



Introduction

The Redcastle Oceanfront is a deluxe 4-star resort on the shores of Lough Foyle in Inishowen, Co. Donegal – one of the most beautiful peninsulas in Ireland. The secluded hotel is set amongst mature parkland with its own private 9-hole golf course, award winning restaurant and fantastic spa and leisure facilities. Situated just 30 minutes' drive from City of Derry Airport and less than two hours' drive from Belfast International Airport; the hotel is within easy reach of travellers from across the world.

Throughout the weekend, we are offering the following:

- **2 Vinyasa Flow Sessions**
- **2 Restorative Yoga Practices**
- **1 Ritual with Intention Setting & Meditation**
- **1 Moderate Beach Walk**
- **30 minutes use of the Mobile Sauna by the Sea and 30 minutes Sea Swimming on Culdaff Beach**

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, kayaking, strolls by the sea or simply relaxing in nature and enjoying the spectacular scenery along the Wild Atlantic Way.

Our Location

The hotel has an unrivalled Donegal location, in the North West of Ireland, situated on the shores of Lough Foyle; a short five-minute drive along the coast is the pretty town of Moville with Derry City a short fifteen / twenty-minute drive away.



redcastle
Oceanfront, Golf & Spa Hotel

Itinerary

15th - 17th January 2027

Friday 15th January

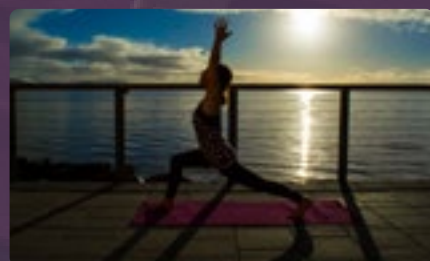
3.00pm	Check In
4.00pm – 7.00pm	Opening Ceremony: Intention Setting, Gentle Stretching, Slow Flow Restorative Yoga & Guided Relaxation
7.30pm	Dinner

Saturday 16th January

8.00am – 9.30am	Vinyasa Flow
10.00am	Breakfast
12:30pm - 2:30pm	Optional Sea swim, sauna and walk at Culdaff beach
5.45pm – 7.00pm	Gentle Restorative Yoga & Guided Meditation
7.30pm	Dinner

Sunday 17th January

8.00am - 10.00am	Flow Yoga, Guided Relaxation and Closing Reflections
10.00am - 11.00am	Breakfast
11.00am	Check Out



Prices

RESIDENTIAL YOGA PACKAGE OFFERING (INCLUDING ACCOMMODATION)

2 nights' bed and breakfast, an evening meal in the award-winning Edge restaurant on both nights, access to the leisure facilities plus Vinyasa Flow sessions (x2), Restorative Yoga practices (x2), Ritual with Intention Setting and Guided Meditation and optional Guided Nature Walk led by Tara O'Rourke, and optional 30 minutes use of the Mobile Sauna by the Sea and 30 minutes Sea Swimming on Culdaff Beach

- **Deluxe Standard Double or Twin Room** from only **€345pps**
- **Seaview Deluxe Double or Twin Room** from only **€385pps**
- **One Bedroom Suite** from only **€395pps**

Please note a non-refundable €50 deposit is required to secure your booking. For single occupancy, there is a single room supplement of €50 per night.

YOGA RETREAT PACKAGE (EXCLUDING ACCOMMODATION)

Avail of Vinyasa Flow sessions (x2), Restorative Yoga practices (x2), Ritual with Intention Setting, Guided Meditation and optional Guided Nature Walk led by Tara O'Rourke, and optional 30 minutes use of the Mobile Sauna by the Sea and 30 minutes Sea Swimming on Culdaff Beach as well as, a meal in The Edge restaurant on both evenings, breakfast on both mornings, plus access to the leisure facilities.

- **For only €159 per person**

Please advise of any dietary requirements at booking stage.
Excludes optional extras on offer (we recommend these are booked prior to arrival)

For more information please visit:

www.redcastlehoteldonegal.com/promotions/yoga-weekend-retreat

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 Redcastle team:

reservations@redcastlehotel.com | +353 7493 85555 | www.redcastlehotel.com

Optional extras in Free Time

Surrounding this timetable, we are offering treatments in the spa with our therapists –

[>> VIEW SPA BROCHURE <<](#)

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

Restore inner harmony and balance by allowing CARA Organic Beauty 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, regular yoga classes and intensive health retreats available. Featuring twelve treatment rooms with an impressive array of spa treatments, as well as, a spacious relaxation area for post treatment sanctuary.

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

- A coastal walk from Moville to Greencastle
- A round of golf on our 9-hole course contoured around Lough Foyle
- A water activity or horse riding



Tara O'Rourke is an advanced Yoga Teacher, Wellness Coach, Therapist and a qualified Homeopath. She has been working in the wellness sector for over twenty years. She has taught on many wellness retreats in Ireland and has facilitated bespoke workshops in business. Driven by the will to support people with life's challenges, she takes pride in providing the best of practices and care possible designed to build on strengths and increase wellbeing. As a teacher and practitioner, she is passionate about providing tools and practices that bring about transformative change. She offers a way to boost both mental and physical health and provides space where her clients can access their own wisdom, intelligence and healing. With Tara's background in event management and training she weaves detail and attention into something quite unique for those who attend a workshop or partake in a workshop. She is founder of **Saol Beo** Therapies & Training.

www.saolbeo.ie | Email: hello@saolbeo.ie | Instagram: [@tarasaolbeo](https://www.instagram.com/tarasaolbeo)

"Thank you to all the staff at the Redcastle we had a brilliant weekend and I think that seems to have been unanimous. The yoga, the food and the facilities were wonderful as was the cost. Would love to come back for another. Thank you."



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