

*Yoga Meats Retreats*

# Rest deeply. Eat well. Come back to yourself.

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Perthshire, Scotland · 30 September – 4 October 2026

*An intimate gathering for women*

# Four days of movement, rest and deep nourishment in the Scottish Highlands

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We designed this retreat for women who are ready to stop, properly stop, and be looked after. Not a programme to tick off, not a transformation to perform. Four nights in a private Highland estate where the only thing asked of you is to arrive.

Each day moves gently between twice-daily yoga, long unhurried meals prepared by our private chef, time by the fire, walks through the estate, and evenings that belong entirely to you. Everything is nourishing. The food, the movement, the silence.

We eat well here. This is a keto and carnivore retreat. Real food, properly sourced, pasture-raised, deeply satisfying. No grains, no seed oils, no compromise. Just food that makes you feel extraordinary.

# Persie House, Bridge of Cally, Perthshire

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A magnificent Edwardian country estate set within 1,500 acres of Highland Perthshire. Grand wood-panelled hallways, ornate cornicing, wood-burning stoves, and windows that look out across rolling hills and mature woodland. The kind of place that makes you exhale the moment you walk in.



Ten individually styled guest bedrooms, a sweeping drawing room with wood-burning stove, a formal dining room, and a private loch.



A tennis court, a private sauna on Friday and Saturday, laundry facilities, and WiFi throughout.



Each bedroom is different. Some with bay windows over the hills, some tucked under sloping eaves, but all calm, comfortable, and made for proper rest.

# Everything you need. Nothing you don't.

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## **Accommodation**

Four nights at Persie House in your own private room.

## **Meals**

All meals and snacks prepared by our private chef. Keto and carnivore, deeply nourishing and beautifully prepared.

## **Yoga**

Twice-daily yoga sessions in the dedicated practice room, led by our resident teacher.

## **Nutrition**

Expert keto and carnivore nutrition guidance on eating for energy, hormones, and long-term health.

## **Women's circles**

Opening and closing circles, facilitated gatherings to speak honestly and be heard.

## **The estate**

Full use of all communal spaces: drawing room, dining room, grounds, private loch, sauna on Friday and Saturday, and laundry facilities.

## **Transfers**

Complimentary collection from Dunkeld, Pitlochry, or Perth train station on arrival and departure.

## **Community**

If you would like, you can join a private group with the other women before the retreat. A relaxed way to say hello and connect ahead of time. Entirely optional.

Not included: travel to/from Scotland, travel insurance.

# Room options and pricing

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Prices start from £1,570 per person for the full four-night retreat, inclusive of all meals, yoga, nutrition guidance, and women's circles. All rooms are private unless you choose to share. Room allocation is handled personally, so just tell us your preference when you get in touch.

*These are our early bird prices.*

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|-------------------------------------------------------------------------------------|------------------|
| <b>Medium Room</b>                                                                  | <b>£1,570</b>    |
| <i>Private single occupancy · comfortable, well-appointed room</i>                  |                  |
| <b>Spacious Room</b>                                                                | <b>£1,780</b>    |
| <i>Private single occupancy · larger room with generous proportions and outlook</i> |                  |
| <b>Shared Medium</b>                                                                | <b>£1,360 pp</b> |
| <i>Twin room shared with one other woman · per person</i>                           |                  |
| <b>Shared Spacious</b>                                                              | <b>£1,465 pp</b> |
| <i>Larger twin room shared with one other woman · per person</i>                    |                  |

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# Everything you need to know before you arrive

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## Dates

Wednesday 30 September – Sunday 4 October 2026

Arrival from 4pm on the 30th. Departure by 10am on the 4th.

## Getting here

Persie House, Bridge of Cally, Blairgowrie, Perthshire, PH10 7LQ

By train: Perth is the best-connected station, with frequent services from Edinburgh, Glasgow and beyond, around 40 minutes from the estate. Pitlochry and Dunkeld & Birnam are also options, a similar drive away. We are happy to collect you from any of these three stations, just let us know your train when you book.

By car: postcode PH10 7LQ will take you directly to the estate. Edinburgh and Glasgow airports are approximately two hours away. If you would like to share a journey with another guest, we are happy to help connect you.

## Making a trip of it

Many of our guests travel from overseas and choose to make the retreat part of a longer Scottish getaway. If you would like to explore the Highlands before or after your stay, we would be delighted to share our favourite places to visit, stay and eat. Just ask.

## What to bring

Comfortable, layered clothing for movement and rest

Yoga mat. We have a small number available if you prefer not to travel with one, just ask

A warm shawl or light blanket for mornings and evenings

Water bottle

Walking shoes. The estate and surrounding countryside are beautiful

Anything that helps you rest: a good book, a journal (no candles, please)

## Food

All meals are keto and carnivore, prepared by our private chef. We will be in touch before the retreat to ask about any allergies or intolerances. Please note this is not a vegetarian or vegan retreat.

## Alcohol

This is an alcohol-free retreat.

## Laundry

Laundry facilities are available throughout your stay.

## WiFi

Available throughout the estate, though we gently encourage you to use it less than usual.

# Booking, cancellation and retreat terms

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## Booking & Payment

Your place is confirmed on receipt of a £500 non-refundable deposit. The remaining balance is due by 5 August 2026 (eight weeks before the retreat). Bookings made after 1 August 2026 require payment in full. Payment is made via secure invoice, by card or by bank transfer. Payment plans may be available depending on booking date and availability. Please mention this when you enquire and we will do our best to arrange something suitable. If agreed payment instalments are missed without prior arrangement, Yoga Meats Retreats reserves the right to release the booking and retain the deposit.

## Cancellation by Guest

If you cancel before 5 August 2026: should you have already paid your balance, it will be refunded in full; the £500 deposit is retained. If you cancel on or after 5 August 2026: no refund can be given, as costs will have been fully committed. If we are able to offer your place to another woman and she takes it, we will refund your balance as a goodwill gesture, retaining the deposit. We strongly recommend taking out travel insurance that covers retreat cancellation.

## Cancellation by Yoga Meats Retreats

In the unlikely event that we need to cancel, every guest will receive a full refund including their deposit. We are not liable for travel costs, accommodation or personal expenses incurred. We recommend taking out travel insurance that covers retreat cancellation.

## Dietary Requirements

All meals served at this retreat are keto and carnivore. We will contact you before arrival to ask about any allergies or intolerances. We will do our best to accommodate where possible, but cannot guarantee an allergen-free environment. Please note this is not a vegetarian or vegan retreat.

## Health & Wellbeing

This retreat is not a medical or therapeutic programme. Yoga sessions are gentle and accessible, but participation in yoga, sauna use, walking and cold-water activities (if undertaken) is entirely at your own discretion and risk. Please inform us of any injuries, health conditions or mobility limitations before arrival.

## Confidentiality & Safe Space

Yoga Meats Retreats is an intimate gathering. We kindly ask that what is shared within the group, whether in conversation, during our women's circle, or over meals, stays within the group. Each woman's stories, experiences and personal details deserve the same discretion and respect we would all wish for ourselves. Any personal information shared with us directly as part of your booking or in conversation before and during the retreat is treated in complete confidence and will never be shared.

## Privacy

Your personal details are used solely to manage your booking and communicate retreat information. We do not share your details with third parties.



RESERVE YOUR PLACE

## We would love to have you with us.

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*To reserve a place, simply reply to this email and let us know you would like to come. We will then talk you through the rooms still available and help you find the one that suits you best. Once you have decided, we will send a secure invoice for your £500 deposit and confirm your place.*

**[hello@yogameats.com](mailto:hello@yogameats.com)**

**[yogameats.com](http://yogameats.com)**

*Places are limited to twelve women. We look forward to hearing from you.*