CARA
— SPA —

Yoga Retreats

22nd to 24th January 2027



LOUGH eske CASTLE
DONEGAL

Lough Eske Castle is the only five-star hotel in County Donegal, nestled within a 43-acre forest estate, hugging the shores of Lough Eske and overlooked by the Bluestack Mountains.

8km from Donegal Town in Northwest Ireland; Lough Eske Castle is the ideal place to unwind and take some time to yourself, enjoy contemporary cuisine inspired by local Irish produce, rejuvenate in the spa's picturesque indoor pool and thermal suite, or explore the grounds at Lough Eske with the castle's complimentary bicycles, walking sticks, maps and rucksacks.

Throughout your stay, the following activities are included –

- **2 Vinyasa Flow Sessions**
- **2 Restorative Yoga Sessions**
- **Opening & Closing Ceremonies**
- **Optional Guided Nature Walk**

**Plus optional added spa treatments and/or outdoor activities*

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

Lough Eske Castle is ideally located to explore Donegal, only 10 minutes' drive from Donegal Town. Featuring a charming harbour, authentic traditional pubs, serene beaches and stoic stone remains of centuries past like Donegal Castle and the 15th century Donegal Abbey, Donegal Town is worth a visit. Within 20 minutes' drive of Lough Eske Castle there is stunning scenery and the opportunity to learn how to surf at Rossnowlagh and Murvagh beaches. Within an hour's drive of Derry/Londonderry Airport and within two hours' drive from Belfast and Knock Airports, Lough Eske Castle has many connections for our international guests.





Itinerary:

22nd to 24th January 2027

Friday

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

Saturday

8.00am – 9.30am	Vinyasa Flow
10.00am	Breakfast
12.00noon – 2.00pm	Optional Guided Nature Walk
2.00 – 4.00pm	Free Time* including access to the spa's thermal suite
5.45pm – 7.00pm	Gentle Restorative Yoga & Guided Meditation
7.30pm	Dinner

Sunday

8.00am – 10.00am	Vinyasa Flow, Closing Ceremony & Reflection
10.00 – 11.00am	Breakfast
12:00noon	**Check Out**

Residential Yoga Package Offering

Two nights' accommodation, with full Irish breakfast each morning, an evening meal in the award winning Cedars Restaurant on both nights, access to the leisure facilities plus 2 Vinyasa Flow sessions, 2 Restorative Yoga sessions, Opening & Closing Ceremonies and an optional Guided Nature Walk on the 43 acres of woodland at Lough Eske Castle.

- **Deluxe Double or Twin Room from only** €820 **per room (based on double occupancy)**
- **Deluxe Double Room from** €605 **per person (based on single occupancy)**

Yoga Retreat Package *(Excluding accommodation)*

Avail of 2 Vinyasa Flow sessions, 2 Restorative Yoga sessions, Opening & Closing Ceremonies and an optional Guided Nature Walk, as well as a meal on both evenings, breakfast on both mornings, plus access to the leisure facilities.

- **For only €199 per person**

Please advise of any dietary requirements at the booking stage.
Excludes optional extras on offer (we recommend these are booked prior to arrival).
For more information please visit: **www.lougheskecastlehotel.com**
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 Lough Eske team:

reservations@lougheskecastlehotel.com
+353 749725100
www.lougheskecastlehotel.com

*Optional extras in Free Time**

CARA – SPA –

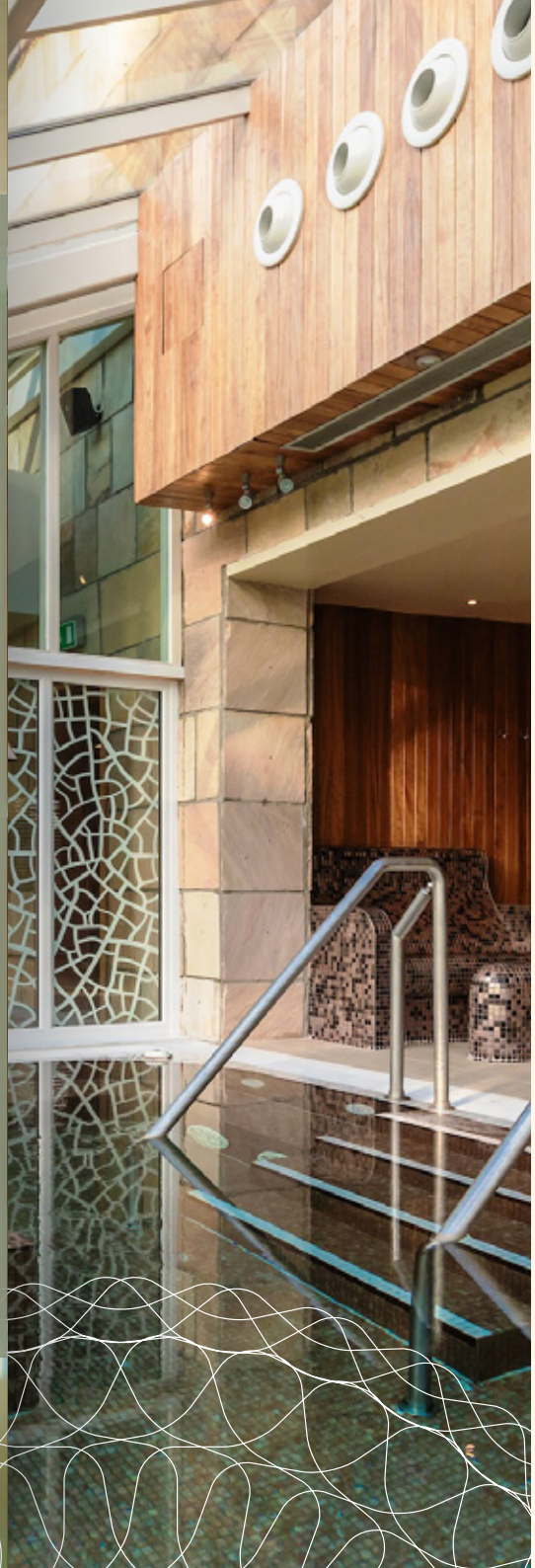
Restore inner harmony and balance by allowing CARA Spa to take you on a journey, tuning into the elements, to reconnect with body, mind and soul. Our spa encompasses a more natural and therapeutic way of living; in addition to our luxurious facial treatments and deeply restorative massage therapies, we have a variety of holistic offerings and intensive health retreats available. Featuring seven treatment rooms with an impressive array of spa treatments with luxury brand ESPA as well as a spacious relaxation area for post treatment sanctuary.

Click here to view our spa brochure and price list

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

- **Traditional Afternoon Tea in the castle drawing rooms (from €30 per person)**
- **Take advantage of complimentary access to the swimming pool and bicycles to explore the castle grounds**
- **For the best scenery in Donegal take an afternoon to explore the highest sea cliffs in Europe – Sliabh Liag, located 60 minutes' drive away from Lough Eske Castle**
- **Explore Donegal and enjoy any of the follow activities within 30 minutes' drive of the castle:**
  - *Take a leisurely walk or learn to surf at Rossnowlagh Beach*
  - *Challenge yourself with a round of golf at one of the finest links courses in Ireland,*
  - *Refresh yourself and see the rugged Donegal coastline on horseback at Donegal Equestrian Centre*
  - *Enjoy some retail therapy in Donegal Town, only 10 minutes from the castle*

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





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





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