



TROSSACHS GATHERING 2019

Space
Tranquility
Conversation

An exploration of our true nature

Scotland, 26th- 29th April 2019

ACCOMMODATION



We will be spending the weekend in beautiful waterfront accommodation on the Lake of Menteith. The accommodation is simple, but comfortable. All chalets have an open-plan living/dining/kitchen area. There is a games room, tennis court, bike park and rowing boats. Swimming in the lake is encouraged. There is an outdoor chess set and a rope swing. The jetty at the lake is a beautiful place to sit.

The Coach House is a beautiful, traditional stone cottage, and has a lovely, bright conservatory lounge off the kitchen/dining room, outdoor dining furniture on decking above a private garden, and a hot tub overlooking fields and rolling farmland. Everyone on retreat will have use of the hot tub for the duration of the stay. The Coach House rooms have ensuite facilities; during the day these will be used by everyone. We reserve the right to allocated rooms based on need.

The log cabins are roughly 75 m back from the water. The view from the large, glass sliding-doors is filled with lawn, trees and lake. All Log Cabins are separated by a trellis and flower beds around a paved patio with outdoor seating – perfect for that first cup of coffee as the sun hits the lake, or watching the sun sink over the Menteith Hills. All cabins are supplied with a full-sized cooker with hob grill and oven, a fridge with freezer box, a microwave, toaster, kettle, cafetiere, and all the utensils you need. The wood cabins have two rooms, a small double and an L-shaped twin. The rooms are compact and simple, but cosy. You are welcome to book a room for sole occupancy. The cabins each have one bathroom for the two rooms.

Bed linen, towels, tea towels and eco cleaning products are all included. You will find fair-trade tea, coffee and sugar in your accommodation, as well as salt, pepper, milk and Tunnock's teacakes and wafers. The rear of the cottage has its own yard with parking for 4 cars.

THE TROSSACHS AND LOCAL AREA

The Trossachs are one of the most beautiful spots in the UK. The area is peaceful and calming and very rural, but not far from transport links and facilities. The Lake (the only Scottish loch that has the name "lake") is gorgeous in any weather - you can paddle, swim, talk to the ducks or just sit and watch the scenery change. The land has been owned by the Nairn family for three generations, and the fourth generation are growing up to get involved in the businesses (Nick's cook school and Topher, Chris and Victoria's chalets) too.

We wanted to be somewhere restful, with the option for activities. This way you can use your free time in the way that suits you best, or explore a little. There are also a number of great walks in the forest around Aberfoyle.





TRAVEL & TRANSPORT

It is approximately 400 miles from London to Lochend Chalets, and it takes just under 8 hours to drive.

You might prefer to fly to Edinburgh or Glasgow, or get a train. From Edinburgh or Glasgow airport you have the option to rent a car, at which point it is about an hour to drive to the chalets. Both Ali and Sara are renting cars, so the option to lift-share will be available.

If you are coming by train, the nearest train station is Stirling. From there to the chalets it is a short taxi ride (there are taxis outside the station). Alternatively, from the train station in Edinburgh, you could also get a tram to the airport and rent a car from there.

On the first day, we'll meet in one of two local hotels (details to be given closer to the time) and if you are planning to arrive early, at least one of us will be there for lunch before our first meeting on Friday. We'll be able to offer lifts to get everyone to the chalets from the hotel.

FOOD AND CATERING

We'll provide daytime tea and coffee, plus healthy snacks during the day.

We'll also offer a simple shared meal for the first night, with meat/vegan choices (this is optional).

All the chalets have fully equipped kitchens, for self-catering. There is a good Co-op in Aberfoyle (about 4 miles away). The big supermarkets will deliver, you would need to book this yourself, a week or two beforehand - we can tell you at that point which chalet you are in. Please note, deliveries need to be timed for after 4pm on the Friday, as this is check-in time.

Sara will do a supermarket trip on the way - you can put in lists with her and pay when you arrive.

We can bring alcohol on-site, and relax in the chalets.





PREPARATION & WHAT TO BRING

If you're flying or getting the train, we'd recommend just bringing the basics. Food supplies can be ordered for delivery, and / or Sara will be doing a supermarket run that you can put in an order for.

In terms of packing, bring anything that you would usually take for a rural break. Comfy clothes are recommended for the retreat, it will be pretty relaxed. Layers are useful as the temperature may drop in the evenings, and...well...this is Scotland!

Bring a notepad and pen if you would like to; bear in mind that for some, writing and taking notes can be a distraction from fully absorbing what's being shared, for others the jotting down of the odd reminder can be useful.

If you're planning on swimming in the lake, or using the hot tub, swimming costumes are essential, and a dressing gown and some flip-flops may prove useful.

The local area is ideal for hiking and should you be interested, please make sure to bring some sturdy shoes / boots.

WHAT TO EXPECT

We'll start at 1pm on the Friday, and finish at 1pm on the Monday. Saturday and Sunday we'll gather at 9am. We've included a longer break at lunchtime, to take advantage of the best of the day for relaxation or activities.

In the evenings, you are welcome to hang out in the Coach House for more informal chats, where we can answer any questions or simply hang out.

Daytime sessions will take the form of conversations led by the three of us, in which we will invite your questions and comments. If you prefer to just listen, that is absolutely fine, too. There will also be time to reflect and assimilate new understanding.

It will be a supportive environment with people on hand and lots of nurturing space.





LEISURE TIME

We're offering a 3-hour lunch break, for activities in daylight to get the best of the countryside.

You'll also have free time early morning and dinner time. You can choose to take an evening off, or join us for more relaxed conversation in the coach house. There are many facilities onsite: hot tub, lake, outdoor chess, games room, tennis court. Plus you can relax in the chalets any time.

Outdoor activities available include strolling, hiking, cycling, fresh water swimming. Alternatively you could sit in a tea shop in Aberfoyle, or have lunch in the hotel, and put the world to rights.

There are larger shopping areas in Callendar (a picturesque local town), and Stirling (a bigger shopping centre).

BENEFITS

Most of us have had an inkling that our cultural conditioning is pointing us in the wrong direction. Over these three days we'll be exploring that inkling, and showing how right you were, those times when you felt uncomfortable, but maybe couldn't articulate it.

The time allows us to go beyond the limiting beliefs that keep us trapped in a persona that doesn't serve us or the world. This is a really good chance to escape from the clutches of normality, a total change of scenery and a most beautiful location, a different pace of life, stunning views.

We never know for sure how a greater understanding of how life works will impact a person's day to day life, however some of the common implications include an increased sense of peace, higher tolerance of others and improved relationships.

With less on your mind, you are likely to be more engaged, more effective and more connected in life - yet not so easily caught up in its dramas.





ABOUT YOUR HOSTS

Ali shares this understanding through her coaching, writing and speaking, often working with parents and couples. She tenaciously points to true nature with a fierce love.

Vicky is often found working within the business community. She blends a clear understanding and love of truth with gentleness and good humour.

Sara teaches, writes, and coaches anyone looking to explore this understanding further. She has a poetic way with words, and always resolutely points back to who we are.

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