

# Burnout to Breakthrough Retreat



Step away from the noise and pressure of everyday life with this 7-day transformational retreat designed for high-achieving women navigating burnout, leadership fatigue, or a career crossroads. Hosted by Lorraine Blair, former Chief Talent Officer and Executive Vice President turned certified coach, this retreat combines strategic insight, restorative practices, and powerful self-reflection to help you reset and move forward with clarity and purpose.

## Tour Facts

Duration:  
7

Tour Type:  
**fixed**

## Tour Itinerary

## : Burnout to Breakthrough Travel Itinerary

Monday, May 4, 2026 - Arrival Day

- Pick up from airport
- Get settled at the Arnbeg Farmstay
- Dinner at 6:00pm with private chef at Arnbeg Farmstay

Tuesday, May 5, 2026

- Enjoy 1.5 yoga and breathwork session at 8:30-10:00am
- Come together for brunch at around 10:30am
- Burnout Release Session with Lorraine at 2:00pm
- Enjoy dinner at local restaurant

Wednesday, May 6, 2026

- Enjoy breakfast at Arnbeg Farmstay at 8:00am
- Get picked up to enjoy a walking tour at Kinclaven Bluebell Wood starting at 10:00am
- Enjoy lunch in the area and head back to Arnbeg Farmstay at 2:30pm
- Enjoy dinner at local restaurant

Thursday, May 7, 2026

- Enjoy 1.5 yoga and breathwork session at 8:30-10:00am
- Come together for brunch at around 10:30am
- Burnout Release Session with special guest expert
- Enjoy a cooking class with our private chef at Arnbeg Farmstay at 6:00pm

Friday, May 8, 2026

- Enjoy breakfast at Arnbeg Farmstay at 8:00am
- Get picked up at 9:00am to enjoy a day in Callender
- Dinner at a local pub in Kippen

Saturday, May 9, 2026

- Enjoy 1.5 yoga and breathwork session at 8:30-10:00am
- Come together for brunch at around 10:30am
- Closing and dinner with private chef at 6:00pm

Sunday, May 10, 2026

- Enjoy breakfast at Arnbeg Farmstay before you leave to the airport
- Get picked up and taken to the airport