

The Space in Between

📍 Fore Road, Stirling, United Kingdom, FK8 3EW



Have you ever thought about taking just one week for yourself? In Scotland?! In full and demanding lives, it's easy to move from one responsibility to the next without ever pausing long enough to hear yourself think. Over time, that constant momentum can leave little room for reflection, creativity, or simply being with what's present. This retreat offers a calm, supportive environment to step away from routine and create space for yourself again.

Over six days in the Scottish countryside, join a small group of women through an experience designed around reflection, presence, and ease. With time for journaling, quiet conversation, nature, and rest, you'll have the freedom to slow down, gain perspective, and reconnect with what feels meaningful, at your own pace.

Hosted by Lorraine Blair, former Chief Talent Officer and Executive Vice President turned certified coach, join like-minded women as you step into a calm, unhurried environment designed for reflection and creative renewal. In this peaceful setting, you'll have the opportunity to pause, breathe, and reconnect with yourself, without pressure, expectation, or the need to be anything other than exactly where you are.

Tour Facts

Duration:
6

Tour Type:
fixed

Tour Itinerary

: The Space in Between Travel Itinerary

Day 1: Arrival & Settling In

Arrive at the farmhouse in the village of Kippen and ease into the week ahead. You'll be welcomed with light refreshments, time to unpack, and space to land after your journey. The evening is intentionally unstructured, allowing you to relax, connect quietly with fellow guests, and begin to unwind. A private chef will prepare a nourishing dinner to be enjoyed together as the group settles into the calm of the countryside.

Day 2: Grounding & Gentle Rhythm

The day begins with a slow morning of yin yoga, breathwork, and extended relaxation to support grounding and presence. After a relaxed brunch, you'll have the freedom to choose between a reset-style wellness talk with Sarah or quiet creative space for writing and reflection. Optional massage sessions are available in the afternoon for those who wish to deepen physical relaxation. The evening concludes with another beautifully prepared dinner at the farmhouse, shared family-style.

Day 3: Loch Ness & Highland History

After a light breakfast, you'll be chauffeured through the Highlands for a full-day excursion to Loch Ness and surrounding villages. This is a day for history, folklore, and taking in the landscape at an unhurried pace. On the return journey, the group will gather for dinner at a historic pub, enjoying local food and the atmosphere of the region before returning to Kippen.

Day 4: Creativity & Culinary Experience

Following a gentle morning yoga and relaxation session and a late brunch, the afternoon is dedicated to a guided writing and journaling workshop. This session offers space for reflection, creativity, and personal insight without pressure or expectation. In the evening, you'll take part in a hands-on cooking class with the private chef, preparing a seasonal meal together before sitting down to enjoy it as a group.

Day 5: Callander & Closing Evening

The day begins with breakfast at the farmhouse before setting out for a relaxed visit to Callander. You'll have time to wander, explore local shops, and enjoy lunch or tea at your own pace. In the evening, the group reconvenes at the farmhouse for a closing dinner prepared by the private chef, offering space to reflect, connect, and gently bring the retreat to a close.

Day 6: Farewell & Departure

After breakfast, departures begin. Guests leave honouring the quiet, personal nature of the retreat and allowing each woman to carry the experience forward in her own way.