



Wellness and lifestyle Experiences

Yoga Day Retreat

Crossbasket Castle is hosting the ultimate yoga retreat.

Join us during the following dates for the chance to take part in a relaxing yoga experience with expert Valerie Wilson. Stretch your mind, body and soul with two yoga sessions and enjoy lunch from our summer menu.

£70 per person.

Arrival at 10am, Join us on the following dates:

Wednesday 9th June

Wednesday 16th June

Wednesday 23rd June

Wednesday 18th August

Wednesday 1st September

Buy any three dates for a block package of £189 per person.

Terms and Conditions

- Full prepayment is required at the time of booking and is non-refundable and non-transferrable.

To reserve your spaces today call us on 01698 829 461.

Yoga Lunch Menu

Wednesday 9th June

Tomato, Red Pepper and Mascarpone Soup, Basil Croutons

Pan Seared Sea Bass, Steamed Greens, Shellfish Sauce

or

Roast Chicken, Vegetable Spaghetti, Harissa and Coconut Broth

Wednesday 16th June & Wednesday 18th August

Cauliflower Veloute, Truffle Croutons, Roast Hazelnut

Pan Seared Sea Bream, Roast Butternut, Sage Gnocchi, Caviar cream

Or

Roast Chicken, Ginger and Garlic Ramen

Wednesday 23rd June & Wednesday 1st September

Courgette and Parmesan Veloute, Basil Pesto

Grilled Seabass, Israeli Cous Cous, Lemongrass, Coconut, Coriander, Radish

or

Roast Chicken, Pearl Barley, Rainbow Salad