

NATURE RESET

STARS, SOUND & YOGA

September 14th– 17th

By Shieling Retreats



REBECCA GORDON
Astrology

SOUTHTHROUGH SOUND



Join us at beautiful Birkhill Castle in Scotland
for transformational 4 days of

YOGA ◦ SOUND HEALING ◦ ASTROLOGY
WILD SWIMMING ◦ NATURE IMMERSION



YOUR STAY

Each morning at Birkhill will begin with a revitalizing yoga flow followed by a delicious breakfast.

We will be holding daily workshops such as Astrology Fixed Star sessions, a New Moon Sound Ceremony and a Cleansing Elemental Ritual in the magical wild garden.



There will be an opportunity to book a private massage or horse ride as well as plenty of time to relax and enjoy beautiful Birkhill!

There will be tea by the fire in the drawing room each evening after dinner. All rooms are private, luxurious, with stunning views of the river.



FOOD

Fruits and vegetables will be sourced from Birkhill's abundant garden and the rest of the food will come from the local organic farm.

Our lovely specialist chef, Clarissa uses a seasonal, holistic and herbal approach to food.

Each meal will be crafted to nourish, strengthen and gently cleanse the body.

Vegan, vegetarian and gluten-free options provided.



Please contact Alexandra at alex@shielingretreats.uk for more info
OR reserve your spot [HERE](#)

LOCATION

Birkhill is nestled amongst 1000 acres of wild and natural beauty. It lies on the banks of the River Tay estuary.

The castle has it's own private beach where guests can swim after wandering down the moss paths of the magical wild garden.

The garden preserves ancient and rare trees, plants and flowers as well as being home to many animals including seals, birds, and unique species.



There is outdoor heated swimming pool within the garden surrounded by fruit trees which will be bursting with goodies for us this September!



Franck will be holding lessons at the tennis court for guests who wish to play. Birkhill also has many beautiful horses and there will be an opportunity for guests to book in for private rides.

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RECONNECT

Reset and reconnect to the rhythms of the earth, the light of your stars, and the vital force within your body.

We will commune on this pivotal time of the Autumnal equinox as we turn our gaze inward to honor our inner light.



TRANSFORM

Join us in Scotland this September to detox from the demands of daily life, revitalize your soul, and invite in pathways of grace.

Leave feeling energized, aligned with your brave truth, supported, brimming with magic, and ready to embody your full potential.

You will receive a complimentary astrology session with Rebecca before travel, where you can set your intention.



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THE TEAM



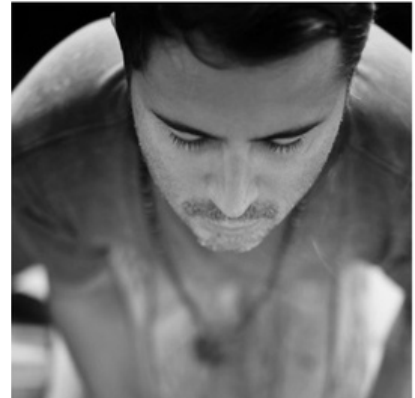
Rebecca Gordon is a renowned New York City astrologer, founder of a nearly 20-year running Astrology School, and author of *Your Body and the Stars* (Simon & Schuster). She is the resident astrologer for Harper's Bazaar. She has been featured in leading publications such as The New York Times, The New Yorker, The Financial Times, Forbes, The Oprah Magazine, and Vogue, among others. Over the last decade, Rebecca has led astrology and adventure retreats everywhere from the Caribbean to Bali, collaborating with top luxury companies such as Chanel, Christian Louboutin, and Agent Provocateur, curating unique astrological experiences.

In Rebecca's client work, it is her mission to align people with their unique brand of stardust so they can step into their highest potential. She has been gifted with the ability to translate cosmic symbols into everyday wisdom that is as transcendent as it is practical and actionable.

Franck Raharinosy is an Intuitive, Sound Practitioner. His experience with sound showed him the power of slowing down, being more present, and feeling grounded.

He has guided Sound Meditations since early 2016 and worked with over 1000 clients in private, family, group, and corporate settings.

Franck is continuously working with various companies and organizations, including Equinox, Habitas, Airbnb, Mindbloom, The Natural Arts Club, NeueHouse, SOUK Studio, Pure Yoga, Casa Cipriani, Wollman Rink, Amex, Leica, Tibet House US. His natural compassionate, caring, and warm energy makes him an amazing space holder and a beautiful person to be around.



Alexandra is from the hills of Scotland. Nature was an Intrinsic part of her upbringing. As a way of continuing her ancestral connection to nature, she studied herbal medicine. Her work with Scotland's native plants has been a wonderful form of communion with the land. Training as a holistic health counselor allowed Alexandra to make this ancient wisdom accessible to various people.

Alexandra was first introduced to yoga at all 11. She has taken Hatha, Ashtanga, and Vinyasa training In India and Costa Rica. Most recently, she co-facilitated teacher training in the Costa Rican jungle.

At the moment, Alexandra teaches Vinyasa and embodiment yoga to help people intuitively reconnect with the unique language of their body.

Birkhill Castle was built by Harry Scrymgeour's great-great-grandfather, and the site has been his ancestral home since the 17th century. He is an art dealer based In London. He runs a charity called Siobhans Trust, which provides humanitarian aid to IDPs and isolated communities In Ukraine.

For more information about the castle and reservations, please contact Alexandra at alex@shielingretreats.uk for more info OR reserve your spot [HERE](#).



MAKE YOUR RESERVATION

Reserve your spot [HERE](#)

If you have any questions, please
contact Alexandra at
alex@shielingretreats.uk

YOUR HOSTS

[Rebecca Gordon Astrology](#)

Yoga with Alexandra of [Shieling Retreats](#)

[Soul Through Sound](#) by Franck

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SEPTEMBER 14–17

THURSDAY

12:00 pm

High Tea + Lunch in the Garden.

Settle in and explore.

6:00 pm

Opening Ceremony:
Sound Meditation,
Introductions

7:30 pm

Dinner

9:00 pm

Heliacal Rising star circle +
social by the fire

FRIDAY

9:00 am

Vinyasa Yoga by the water

10:00 am

Breakfast

11:30 am

Story of your Stars

12:30 pm

Elemental ritual in wild garden

2:00 pm

Lunch by the water.

Time to rest, explore

Optional tennis, massage, ceramics

7:30 pm

Divinity Dinner,

Tea & Star Stories by the Fire

10:00 pm

Sound Journey

SATURDAY

9:00 am

Embodiment flow yoga

10:00 am

Breakfast

1:00 pm – 6:00 pm

Ceremony

6:00 pm

Sharing Circle

Time by the fire

7:00 pm

Dinner

9:00 pm

Stargazing & Continued
Star Stories

SUNDAY

9:00 am

Optional Yoga gentle flow

10:30 am

Breakfast

12:00 pm

Closing circle

1:00 pm – 3:00 pm

Rebecca will be available for Astrological Integration sessions, you can arrange a massage, or enjoy the grounds.

You are welcome to stay with us at Birkhill until 6:00 pm