Holy Isle Iyengar yoga retreat with Helen Graham

2026

Friday 29 May – Tuesday 2 June

About Holy Isle

Picturesque Scottish island

Escape to Holy Isle for a truly restorative yoga retreat — a rare chance to slow down, breathe deeply and reconnect with yourself in one of Scotland's most peaceful and inspiring places. Just off the Isle of Arran, Holy Isle feels like another world, surrounded by sea, wildlife and breathtaking views in every direction.

With no Wi-Fi, no cars and no distractions, this is the ultimate digital detox. Wake to the sound of the waves, watch wild horses wander past your window, and enjoy nourishing homemade vegetarian meals (vegan available), much of the produce freshly picked from the island gardens.

This is a retreat designed for those who want to go deeper into their practice. You'll enjoy three yoga sessions each day — two asana classes and one pranayama session — giving you time to strengthen, restore and expand your awareness.
Perfect for anyone with prior yoga experience, this retreat offers the space to recharge your body, calm your mind and return home renewed.

About Helen

In case we haven't met before

Senior 3 Iyengar yoga teacher

Helen is a highly experienced Senior Level 3 Iyengar Yoga teacher, previously serving as both a trainer and moderator in the former certification system. With over three decades of teaching, more than 40 study trips to Pune, and over 20 years of dedicated study with Faeq Biria, she brings depth, authenticity and warmth to her classes.

Her vibrant and uplifting approach has led her to teach workshops throughout Europe, China and India.

Itinerary

Arrive Holy Isle Friday 29 May, leave Tuesday 2 June

Our programme will include an hour after breakfast each day working with the resident volunteer community, helping with kitchen, housecare and garden tasks.

Classes

Fri: 4 – 5.30 asana class
Sat – Mon
7 – 8.30 asana class
11.30 – 12.15 pranayama
 3.30 – 5.30 asana class

Tue: extra class or time to go walking
7.00 – 8.30 asana class

Times subject to change and tide times

Meals

Breakfast 8.45 a.m.
Lunch 12.30 p.m.
Soup 6 p.m.

All meals are vegetarian and can be vegan/gluten-free on request. Please let me know when booking

Yoga equipment

Please bring a yoga mat, 4 foams, 2 belts, 2 bricks, 1 or 2 blankets, bolster if possible. There is some equipment available to borrow in the Peace Hall if needed.

Accommodation

All accommodation is shared facilities but all rooms have wash basins. Prices include 3 veggie/vegan meals per day.

Room type	Cost
Single room	£66
Standard twin room	£98 (£49 per person)
Sea view twin room	£110 (£55 each or £83 single occup.)
Sea view double	£100 (£50 each)
Men's dorm	£37
Women's dorm	£37

Getting there

Mainland > Brodick > Lamlash > Holy Isle
https://www.calmac.co.uk/summer-timetables/ardrossan-brodick

Mainland to Arran (Ardrossan or Troon to Brodick)

Ardossan sailing info: https://www.calmac.co.uk/en-gb/route-information/ardrossan-brodick/#/

Troon sailing info: https://www.calmac.co.uk/en-gb/route-information/troon-brodick/#/

Getting to the Holy Isle ferry (Brodick to Lamlash)

By bus 323 Brodick – Blackwaterfoot
By taxi – Arran Cabs company T: 07802542495,
ARC private hire T: 07776082752
Or by car if you take it on the ferry

Lamlash to Holy Isle

Cost £28
Book place on boat on line on website Book the ferry in advance with Grant:
https://lamlashcruises.org.uk/booking/residential-guest-crossing/
Times dependent on tides.
29 May: 12.50, 13:40 (3rd boat 12 noon if needed)
2 June: 10.45, 11.30 (3rd boat 12.15 if needed)

Insurance: the weather is unpredictable as are the ferries. Should you need to stay a day longer on Holy Isle or on Arran you might wish to take out insurance to cover these extra costs.

Cost

In event of weather / covid causing retreat to be cancelled, your course fee will be refunded

- Yoga course fee: £160

Pay £160 by 17 May to confirm booking (Can pay in instalments)

- Peace Hall rental: £35

Collected by Helen on arrival so she can then pay it directly to Holy Isle

- Accommodation (full-board)

Payable directly to Holy Isle on arrival

- Ferry ticket

https://www.calmac.co.uk/tickets

Payment details

Starling Bank
Name: Helen Graham
Sort code: 60 83 71
Account number: 9059 9004

Please use your name as the reference

Holy Isle ethos and info

Extract from facility details

"To protect the well-being of all our guests and volunteer staff and to protect Holy Island as a sacred space devoted to spiritual development, we request that everybody who visits or stays here follow these five golden rules:

1. To protect life and refrain from killing.
2. To respect others' property and refrain from stealing or taking that which is not given.
3. To speak the truth and refrain from lying.
4. To encourage health and refrain from all intoxicants, including alcohol, cigarettes, vapes and e-cigarettes.
5. To respect others and refrain from sexual activity that causes harm.

- We offer veggie/vegan food, much of it supplied from our biodynamic vegetable gardens. We are happy to cater gluten-free – just let us know – but in general, we are not able to accommodate special diets.
- We offer a range of teas, including fresh herbal teas from our biodynamic gardens, along with instant coffee – feel free to help yourself – but we do not offer fresh coffee. You are welcome to bring your own supplies, we have a stock of cafetieres and coffee filters!
- We ask all guests to help with the washing up rota. There is also the opportunity to spend some time each day helping with other tasks: food preparation, cleaning, gardening, etc.
- Wifi is availble in library.
- We provide bed linen and towels but not toiletries.
- We recommend that you bring wet-weather outdoor clothing and footwear (as well as indoor slip-on shoes or slippers).
- Bring a torch for late autumn or wintertime."

Questions?

Contact

Helen Graham

helengraham88@me.com
07974334614

If you would like to join any of my classes before then...

WEEKLY INTERMEDIATE ZOOM CLASS

Join me every Thursday from 6 – 7 p.m.. for my Intermediate class on Zoom. You can take part live, or choose a recording-only option if that suits you better.

I also offer a resting class on Zoom twice a month on Sundays from 6 – 7 p.m., and I host a monthly in-person class in Glasgow on the last Sunday of each month from 10.45 a.m. – 12.45 p.m.

Look forward to seeing you in June

Helen