Wilderness Wellbeing

SLOW DOWN & CONNECT

GLENLIVET

08 - 11 May

4pm Friday - 10am Monday

Community, connection and collaboration in the highlands of Scotland

Meet *our* family

the founder

Yaz

Yaz has a passion for bringing people together and showcasing Scotland. She has a deep interest in other people's stories and what makes them who they are today.

Through Yaz's own personal struggle with poor mental health due to battling a chronic skin condition she has made it her mission to help others through the simplicity of community, connection and collaboration. She has created an experience that she hopes more and more individuals can access.

You will always find Yaz in the hills or the sea as her happy place is through various forms of movement and connection to our rugged and wild landscapes in Scotland.

Ghillie

The chef, aka 'Chief'

The chief of the house and all time best mum in the World. Ghillie has brought up Yaz and Zek single handed in a very remote and isolated Glen.

Winters were spent skiing the kids to school and hauling in supplies on h er back and she turned a wee run down croft into a family home and business.

She runs cookery workshops from the house and large events and in her down time she writes cookery books, many of them connecting small local producers in Scotland.

The home you will be staying in has stories of grit, hardship and love, most people don't want to leave.

The outdoor survivalist

Zeki

Zek is the man of the house and passionate about his environment. Zeki Basan is the founder and head instructor of Highland Survival Skills.

Based in the Scottish Highlands where he was born and raised, he is passionate about wild places and has the opportunity to practice outdoor and traditional crafts in everyday life in his remote environment.

He leads courses at his home base in the Cairngorms National Park and teaches courses all over Scotland, working with different companies that use his expertise to engage people in the environment.

These courses range from one day experiences to week-long immersions in nature involving traditional skills and crafts such as foraging, fire-craft and fire cooking, trapping, old fishing techniques, tracking and stalking, butchery, tool making, tanning and leather work, shelter building, basketry, wood carving, and much more.

ACTIVITIES

What can you expect from your retreat?

Group Walks and Hikes

Cookery and Foraging

Yoga

Outdoor Movement

Eco Printing

Fermentation

Cold Dips

Natural Soap Making

Jewellery Making in nature

Composting

Massage (OPTIONAL EXTRA)

EMT (OPTIONAL EXTRA)

and much much more...

WORKSHOPS

COOKERY WORKSHOPS
with Ghillie

Ultimate chief of the household for the weekend offering hands on, interactive cookery workshop using spices, wild herbs, local and seasonal produce to be enjoyed by everyone for lunch.

FORAGING & TRADITIONAL SKILLS
with Zeki

The supportive brother and extremely talented survivalist and teacher of traditional skills.

Join Zeki in his element on a foraging workshop where you will learn a fountain of knowledge about all the plants around us and their medicinal uses. Forage wild herbs to bring back and add to your lunch and also items that you wish to print on your fabric of choice if you are joining Rosie's eco-printing workshop.

WILD MOVEMENT/ HIKE
with Yaz

Yaz will get the endorphins flowing with a fun outdoor workout for all abilities which uses the natural landscape for inspiration. No gym equipment needed and no prior fitness level needed. It's about being playful and creative and moving our bodies in a fun way through the land around us.

She will also be offering a guided hike to her favourite view spot followed by a cold water dip!

YOGA AND BREATHWORK
with Sarah

VITATM Sex, Love & Relationships Coach
Yoga & Breathwork Instructor

Sarah has been practising yoga for over half her life and has been teaching for nine years, both in Scotland and internationally. A life-long student of embodied movement and healing modalities, Sarah brings her varied trainings in yoga, tantra and somatic-based practices into the classes, workshops and the 1:1 coaching sessions that she offers.

Sarah creates spaces to be fully present, to feel deeply and to bring a sense of playfulness and curiosity to our minds, emotions and physical bodies.

With a passion for the wilderness, Sarah's classes are inspired by nature, whether inside, cosied up by the fire, or outside in the Scottish woods and water.

Sarah also holds 1:1 women's and couples coaching sessions, supporting people to rediscover the power and pleasure of their bodies through body-mind connection, somatic practices and self-love.

You can find out more about Sarah's work through instagram (@wildermoons) or through her website, or feel free to ask her at the retreats.

JEWELLERY MAKING IN NATURE
with Rosie Sumner

Rosie is a silversmith and jeweller specialising in hand engraving, creating pieces inspired by Scottish flora and fauna. In this hands-on workshop, you'll learn how to texture metal using traditional techniques and incorporate organic, natural patterns with stones gathered from across Scotland. Rosie will guide you through stamping, texturing, and soldering to create your own uniquesilver ring or pendant.

FERMENTATION/ GUT HEALTH TALK

with Hannah

With a food first approach and an understanding of our biochemical individuality, Hannah aims to empower people to support their health in an enjoyable and realistic manner.

In this workshop, you will learn how to make kefir, kefir cheese and fermented oats. Kefir is an incredible health product containing a high quantity of beneficial microbes that support gut health and overall wellbeing. Due to the nature of making kefir, this course will predominantly be a demonstration of how to do the process at home but each participant will go home with their own jar of kefir grains and fermenting milk.

MASSAGE TREATMENTS

(OPTIONAL EXTRA)

with Eve (£50 for 60mins or £30 for 30mins)

Eve: My approach is all about helping you reconnect with your body - through movement and/or massage.

My Pilates classes focus on mindful, efficient movement, helping you feel stronger, move better, and learn to recover faster. Specialising in sports massage and acupressure, in my massages, I blend focused, effective techniques with a holistic approach to support healing and restore balance in your body.

Offering you a space to slow down and be cared for, I work intuitively to release tension and restore balance in your body. If you want just massage: My approach is all about helping you reconnect with your body. Specialising in sports massage and acupressure, in my massages, I blend focused, effective techniques with a holistic approach to support healing and restore balance in your body.

NATURAL SOAP MAKING

with Lena

You'll be gently guided step by step through the traditional cold process method, an age old way of turning simple ingredients into beautiful, nourishing soaps. Along the way, you'll learn how to safely mix oils and lye, play with natural colours, and scent your soaps with pure essential oils.

There'll be plenty of space to get creative, experiment with simple designs, and enjoy the process at your own pace. You'll leave with your own handmade bar of soap to take home, and hopefully a new skill too.

EMT THERAPY (OPTIONAL EXTRA £45)

with Emma

Integral Eye Movement Therapy (IEMT) is a rapid-change approach that works directly with the emotional coding of memories — not the memories themselves.

Using simple eye movements and precise questioning, it helps the brain release the emotional charge from past experiences without reliving the story.

The result? Greater calm, clarity, and emotional freedom — often in just a few sessions. Bio Emma Toms is an Integrated Wellness Coach and IEMT Practitioner who helps clients release emotional overwhelm, shift limiting patterns, and restore nervous system balance. Blending IEMT with somatic practices and the Safe and Sound Protocol, she creates a calm, trauma-informed space for rapid, lasting change.

Emma's work supports people to feel lighter, clearer, and more at home in themselves — without the need for painful retelling.

WILD PIGMENT PROCESSING

with Alastair

Come and learn the ancient ways of paint making. Connect with our cave dwelling ancestors by working with the same materials they used to create their wonderful depictions.

Together we will grind rocks and raw earthen material to be turned into a primal paint. We will then use this paint to create images inspired by the cave walls.

BOTANICAL PRINTING

with Rosalie

Learn botanical printing(also known as eco-printing). Using wild plants foraged from the landscape around us, we will create beautiful natural prints on fabric using a steaming technique and a simple homemade mordant. You'll make a uniquely patterned piece which can be used as a scarf or wall hanging, or turned into a bag or pillow cover.

PRACTICAL COMPOSTING

with Lesley

Lesley is one of the Executive Directors and has worked at The Paddock Broom of Moy CIC since its inception in 2022.

Lesley is a retired teacher and has many years of experience teaching neurodivergent learners from a wide mix of backgrounds and abilities. She has worked in Adult Education, facilitating learning in many Scottish Prisons for The Scottish Prison Service; in Autism Specific establishments; including Scottish Autism's New Struan School – A Centre for Autism. She has experience through her own neurodivergencies, and those of her children, and her passion has always been to encourage her learner's to grow their own chemical free food.

COLD WATER DIPS, BONFIRES & LIVE TALKS.

A big part of these retreats is the opportunity to listen to or share stories. Every evening we are all brought together with a drink to celebrate the power of community and learn from one another.

This is a chance for hosts to share their own personal story but also for participants to share if they wish too.

It is a supportive space for absolutely everyone and often incredible conversations open up afterwards.

If you wish to give a talk then please contact Yaz before the retreat or you can let her know last minute during the weekend.

Wilderness Wellbeing

Join us and make a difference

100% OF ALL PROFITS HELP FUND:

Professional coaching and therapeutic workshops
Nutritious meals and accommodation
Subsidised retreat places for those in need

READ MORE

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