LADYBURN

Retreats

FOR RETREAT LEADERS

LADYBURN HOUSE · KILKERRAN · SOUTH AYRSHIRE · SCOTLAND

LADYBURNHOUSE.CO.UK



YOUR RETREAT, HELD.

A fully hosted, exclusive-use retreat house in the Scottish countryside, created by retreat leaders for retreat leaders.

YOUR RETREAT LEADER EXPERIENCE

Stay 4+ nights and we'll look after you, too.

For retreats of 4 nights or more, subject to availability

Complimentary pre-arrival night · Dinner on us
Complimentary massage · Complimentary group sound bath

Arrive early. Settle in. Exhale.

We'll help take care of you while you take care of everyone else.

EVERYTHING YOU NEED

9 luxury en-suite bedrooms

> **Occupancy:** 9 single occupancy · 14 in separate beds · up to 18 sharing beds

Yoga studio & equipment · Seasonal Garden Pavilion (April–October)
Sauna · Hot tub · 2 cold plunge baths
Treatment room · Fire circle
5 acres of private gardens & woodland

FULLY HOSTED

You lead the retreat.
We take care of everything around it.

Our team works quietly behind the scenes — preparing your spaces, laying out equipment, setting tables, lighting fires and helping keep your programme flowing.

Your rate includes exclusive use of Ladyburn throughout your stay, all retreat spaces, spa facilities and yoga & retreat equipment — no separate charges for using the studio, spa or Pavilion when available.

2027 RETREAT RATES

3-NIGHT RETREAT	4+ NIGHT EXTENDED RETREAT
£2,222	**£1,995**
per night, including VAT	*per night, including VAT*
TOTAL VENUE RATE: £6,666	MINIMUM 4 NIGHTS

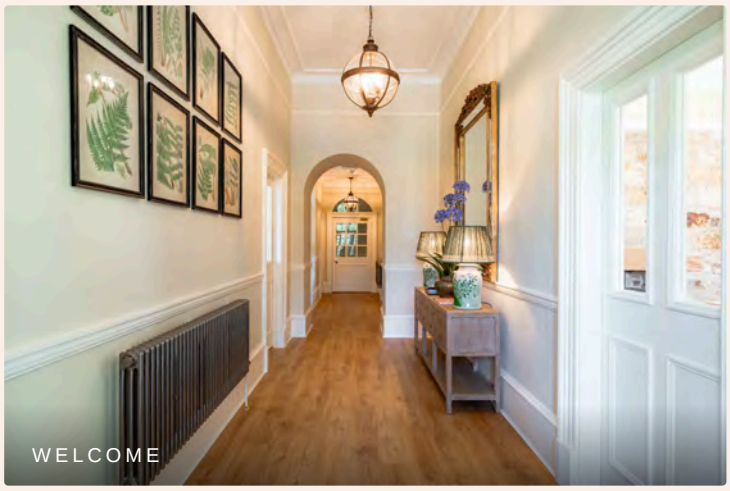
The £1,995 extended retreat rate applies to all retreats of 4 nights or more, including stays that fall over a weekend — you are not charged a higher weekend rate for any night.

Catering by our private retreat chefs starts from £70 per person, per day. Optional therapies, facilitators and experiences can also be added to create your bespoke retreat.

THE LADYBURN EXPERIENCE













WHY RETREAT LEADERS CHOOSE LADYBURN

Ladyburn House is a private, fully exclusive retreat space designed for leaders who want to create intimate, high-impact experiences in a setting that feels both elevated and deeply held.

Every element of the environment is curated to support the depth, flow, and energy of your work - so you can focus entirely on your clients.

Exclusive Use, Fully Yours

Complete privacy across the house, gardens, and pavilion.

Designed for Intimate, Premium Retreats

Ideal for **9-18** guests, supporting deeper connection and higher-value positioning.

Spaces That Adapt to Your Work

Indoor lounges, yoga space, outdoor areas, and the pavilion allow seamless flow throughout your retreat.

A Setting That Elevates Your Brand

Refined interiors and natural surroundings create an instantly premium experience.

Seamless to Host

Catering, experiences, and on-site support handled — so you can stay fully in your role.











A SPACE FOR EVERY RETREAT STYLE

Ladyburn House is designed to flex around your work — not the other way around.

Whether you are leading a deeply restorative retreat or a high-level transformational experience, the space adapts to your rhythm, your clients, and the way you hold your container.

Yoga & Movement

Spaces for daily practice, workshops, and integration across indoor and outdoor settings.

Coaching & Personal Development

Ideal for group coaching, deep-dive sessions, and transformational work.

Wellness & Well-Being

A calm, contained environment suited to rest, regulation, and restoration.

Creative & Writing

Quiet, inspiring spaces that support focus, expression, and flow.

Leadership & Mastermind

Private, high-end setting for strategy, expansion, and meaningful conversation.







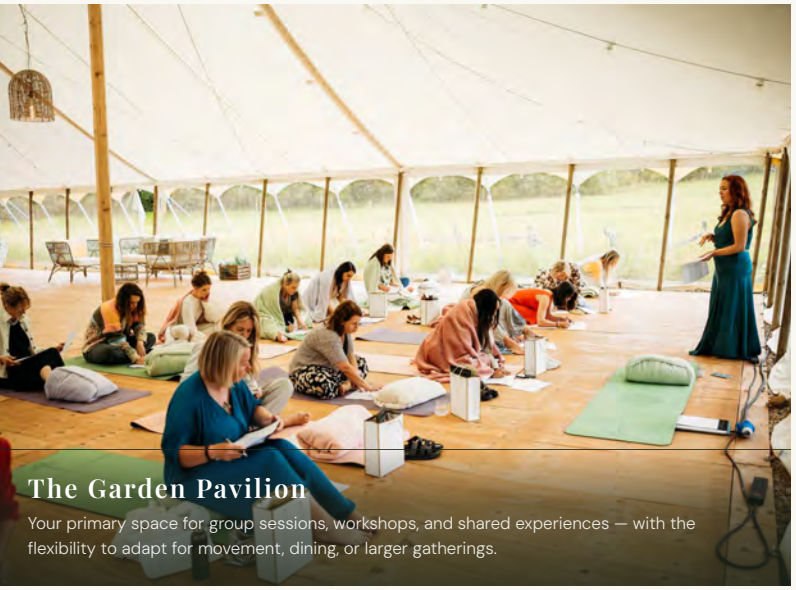




SPACES THAT SUPPORT YOUR WORK

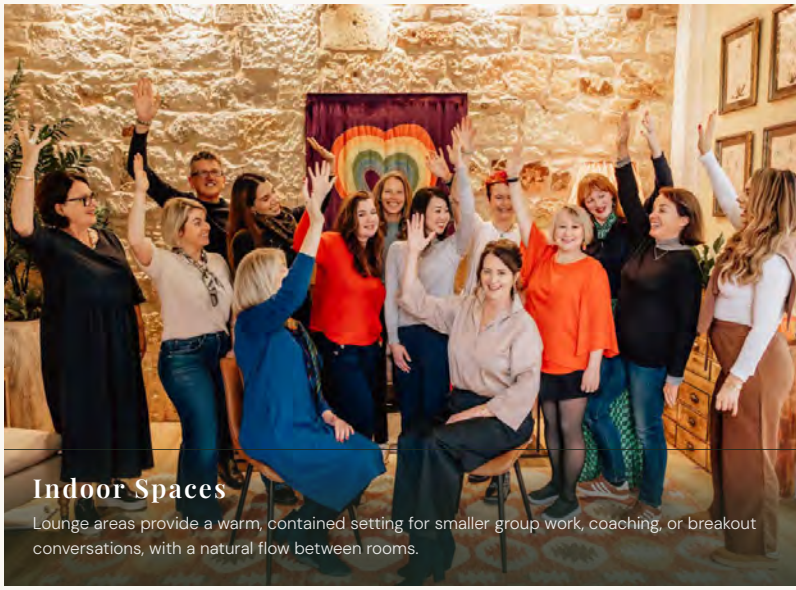
Every space at Ladyburn is designed to support the natural rhythm of a retreat — allowing you to move seamlessly between sessions, connection, rest, and reflection.

Whether you are holding group work, facilitating deeper conversations, or creating space for integration, the environment adapts to how you lead.



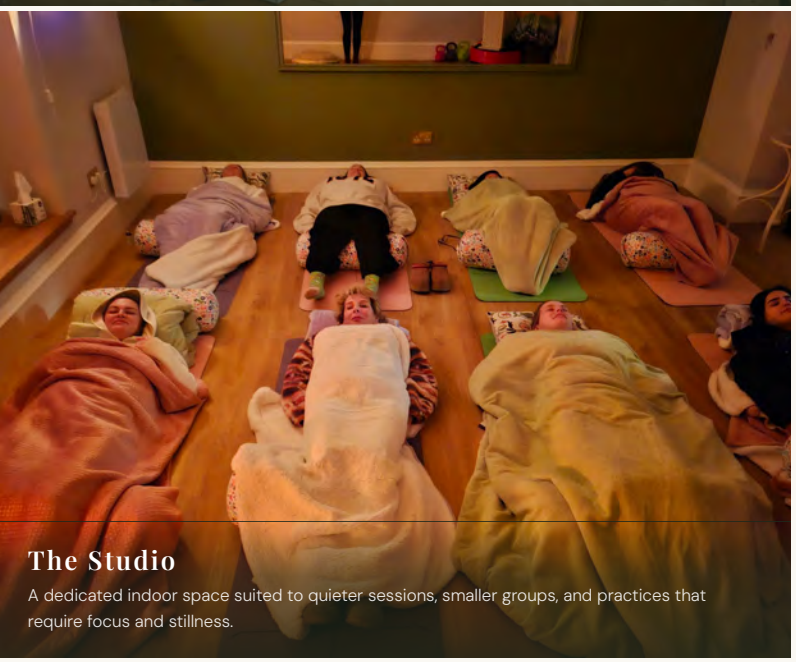
The Garden Pavilion

Your primary space for group sessions, workshops, and shared experiences — with the flexibility to adapt for movement, dining, or larger gatherings.



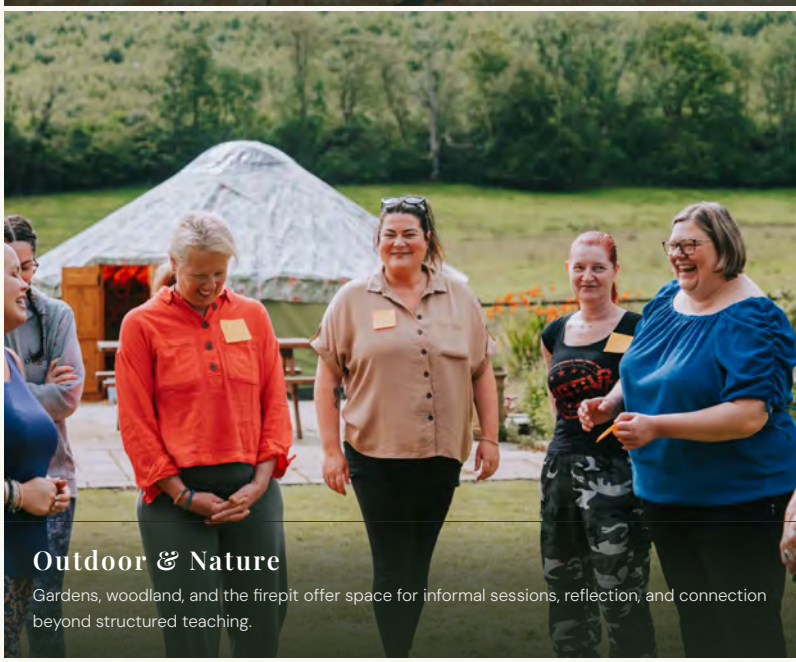
Indoor Spaces

Lounge areas provide a warm, contained setting for smaller group work, coaching, or breakout conversations, with a natural flow between rooms.



The Studio

A dedicated indoor space suited to quieter sessions, smaller groups, and practices that require focus and stillness.



Outdoor & Nature

Gardens, woodland, and the firepit offer space for informal sessions, reflection, and connection beyond structured teaching.

GARDEN PAVILION

SAILCLOTH MARQUEE · DINING · WORKSHOPS · YOGA · SEASONAL APRIL–OCTOBER







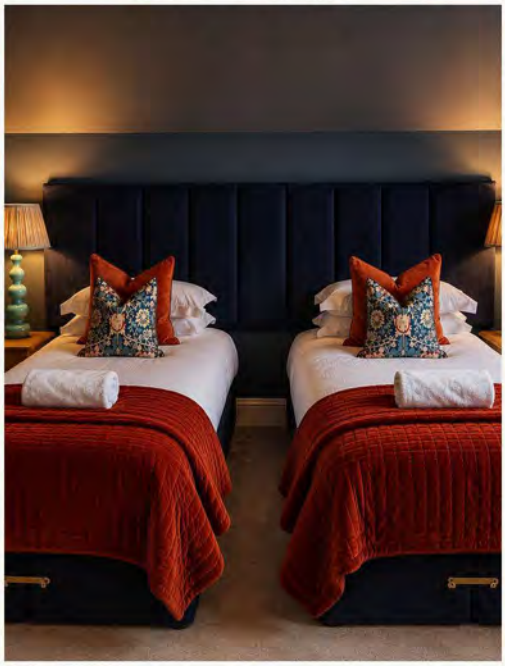


ACCOMMODATION

NINE EN-SUITE BEDROOMS · SLEEPS 14–-18 GUESTS











OAK LOUNGE

STONE FIREPLACE · BAY WINDOW · CHESTERFIELD SEATING







BOTANICAL LOUNGE

OPEN FIRE · GARDEN VIEWS · FLORAL INTERIORS











SPA & TREATMENT EXPERIENCES

Treatments at Ladyburn offer an additional layer of rest, restoration, and personal care within your retreat — allowing guests to deepen their experience in a way that feels individual and unhurried. Sessions can be booked alongside your programme, creating space for both structured work and personal time.

Massage & Bodywork

- Swedish and deep tissue massage
- Aromatherapy massage using bespoke essential oil blends
- Back, neck and shoulder treatments
- Lymphatic drainage massage

Facial Treatments

- Express facial massage
- Luxury facial treatments

Holistic Therapies

- Reflexology
- Reiki and energy-based treatments
- Head, neck, and scalp rituals

Signature Experience

- *Ladyburn Signature Botanical Ritual*
- A bespoke, multi-layered treatment combining massage, facial, and scalp work — designed to leave guests grounded, restored, and deeply relaxed.

Treatments are typically booked individually by guests, with flexible durations ranging from 30 to 120 minutes.

A full treatment menu and pricing can be provided on request.



The Yoga Studio

Yoga · Sound Baths · Workshops · Wellness Retreats

















SEAMLESS TO HOST

Hosting at Ladyburn is designed to feel effortless — allowing you to focus fully on your clients, while everything around you is quietly taken care of.

From catering and experiences to logistics and on-site support, the environment is structured to hold your retreat without adding pressure or complexity.

Catering & Dining

Menus, dietary requirements, and service are all handled — with flexible options that align with your retreat style. From relaxed brunches to shared evening dining, everything is designed to feel considered, nourishing, and effortless for both you and your guests.

Experiences & Add-Ons

From sound baths and treatments to local experiences and guided sessions, additional elements can be seamlessly integrated into your retreat. Everything is curated to enhance the experience without adding complexity to your planning.

Arrival & Logistics

Guest arrivals, transfers, and timing are supported to ensure a smooth and well-paced experience from the moment guests arrive. The flow of the retreat can be shaped around your schedule, without the need for you to manage the detail.

On-Site Support

A dedicated team ensures everything runs quietly in the background — from set-up to service — allowing you to stay fully present in your role. You are supported without the need to oversee or coordinate operations.

WHAT RETREAT LEADERS SAY

"I'm from Canada and have led many retreats across different countries — this one was the very best so far. Everything was lovingly prepared and thought of before I even needed to ask."

— Angela, Spark Yoga, Canada

"The house is stunning and feels so homely, the food is out of this world, and most importantly, Nenah and her beautiful family made us feel completely cared for throughout."

— Annabel

"The most nourishing stay I've ever experienced. Ladyburn House isn't just a place to stay — it's an experience of true care and love."

— Aileen Morales

Ladyburn Gardens

5 Acres of Gardens · The Lady Burn · Ancient Trees · Woodland Walks













EXPERIENCES & ADD-ONS

Experiences at Ladyburn can be layered into your retreat to enhance the energy, depth, and overall journey — or kept minimal to allow for space and integration.

Everything is designed to complement your work, not complicate it.

Included Enhancements

For 4+ night retreats

- Welcome mocktails and canapés
- Sound bath and guided meditation
- Outdoor firepit ceremony and evening gathering
- One-night pre-arrival stay for the retreat leader
- Massage treatment for the retreat leader

On-Site Experiences

- Massage and holistic therapies (facials, reiki, bodywork, reflexology)
- Wood-fired pizza evenings (informal, social dining)
- Private chef dining experiences
- Guided workshops and facilitated sessions

Nature & Land-Based Experiences

- Guided woodland and coastal walks
- Foraging experiences with local experts
- Beach visits and seasonal wild swimming

Creative & Bespoke Options

- Creative workshops (art, journaling, intention work)
- Ceremonial or ritual-based experiences
- Day trips to nearby islands and scenic locations

Experiences can be layered in gently or kept simple - with many retreat leaders choosing a balance of structured sessions and unstructured time to rest, explore, and integrate.






Spa Experiences

Sauna · Hot Tub · Cold Plunge Baths









A TYPICAL RETREAT FLOW

Every retreat at Ladyburn follows a deliberate arc — from threshold crossing to deep immersion to grounded departure. The structure below reflects how ceremony, body work, and the land itself become part of the container you hold.

Day 1 — *Arrival & Opening*

Guests cross the threshold into a space already held and prepared. After settling into rooms, the group gathers for an opening ceremony — a fire circle at dusk, a sound bath in the studio, or a guided intention-setting. A shared dinner at the long table marks the beginning. The sauna and hot tub are open for those who want to soften into the evening.

Day 2 — *Descent & Deep Work*

Morning practice grounds the body before the group moves into the core of your programme — facilitated sessions, somatic work, breathwork, or whatever modality you bring. Afternoon holds space for treatments, massage, or time in the sauna circuit. The estate's grounds, stream, and woodland offer space for walking, journalling, or simply being still. Evening gathers around food and quiet connection.

Day 3 — *Immersion & Embodiment*

The work deepens. With the group now settled into rhythm, this day allows for longer sessions, partner work, or ceremonial practice. Cold water plunge, hot tub, and massage punctuate the day with physical reset. An evening fire circle or candlelit gathering holds space for what has surfaced.

Day 4 — *Integration & Restoration*

The pace shifts. Lighter facilitation gives way to integration — nature walks through the estate, free time for reflection, spa treatments, or small-group conversation. A closing group ceremony in the afternoon marks the turning point. The evening is unhurried: shared food, firelight, and the kind of presence that only comes after days held together.

Day 5 — *Closing & Departure*

A final morning practice or reflection circle brings the container to a close with intention. Guests depart grounded and complete — not rushed. Breakfast is unhurried, farewells are real, and the transition back into the world is held with the same care as the arrival.







The Fire Circle

Gather · Reflect · Connect









WHAT'S INCLUDED & HOW IT WORKS

Everything at Ladyburn is designed to support a seamless, high-quality retreat experience — giving you the structure you need, with the flexibility to shape the details around your work.

WHAT'S INCLUDED

Your Retreat Setting

- Nine en-suite bedrooms sleeping 14–18 guests, with flexible single or shared configurations
- Indoor yoga studio (up to 12 mats)
- Seasonal Garden Pavilion for workshops and outdoor practice (April–October)
- Beautiful grounds, woodland walks, and proximity to the coast

Wellness & Facilities

- Spa facilities including hot tub, sauna, and ice baths
- Dedicated treatment room for massage and holistic therapies

Food & Dining

- Private chefs with tailored catering options to suit your retreat style
- Flexible meal formats, from light nourishment to full dining experiences

Support & Collaboration

- Collaborative planning to shape your retreat around your vision
- Flexible approach — whether structured, spacious, or restorative

HOW IT WORKS

Booking & Structure

- Exclusive-use hire of the house and grounds
- 50% deposit secures your dates
- Final balance due prior 90 days before arrival

Planning Your Retreat

- Guest numbers and catering confirmed in advance
- Schedule and experience shaped collaboratively

PRIVATE DINING

STARTERS · MAIN COURSES · DESSERTS · NOURISHING PLANT-BASED CUISINE











LADYBURN

RETREAT MENU

Menus are designed to be light, nourishing and supportive of the retreat experience, with a focus on seasonal, vibrant ingredients.

CANAPÉS & MOCKTAILS

- Crispy Fried Sushi – Avocado – Lime – Tom Yum
- Wild Mushroom & Truffle Tartlet – Aged Cheddar
- Ladyburn's Seasonal Mocktail – Aperol Spritz Style

DINNER OPTIONS

CHOOSE ONE MAIN & DESSERT FOR EACH EVENING

Mains

- Paprika Roasted Free-Range Chicken – Warm Giant Tabbouleh – Marinated Vegetables – Caper & Raisin
- Line Caught Stone Bass – Stir Fried Asian Vegetables – Brown Rice – Thai Coconut Curry Sauce
- Harissa Crusted Scottish Salmon & Vegetable Skewers – Mango & Papaya Salsa – Wild Rice
- Vegetable Wellington – Butternut Squash, Sweet Potato, Spinach, Mushrooms – Grilled Asparagus – Truffle Sauce *(V)*
- Sweet Potato, Squash & Chickpea Curry *(V)*
- Harissa Roasted Cauliflower – Warm Tabbouleh – Caper & Raisin Purée *(V)*
- Cajun Spiced & Roasted Vegetable Skewers – Mango & Papaya Salsa – Coconut & Almond Rice *(V)*
- BBQ Halloumi – Chickpeas – Heirloom Tomato – Fresh Basil – Wild Garlic – Black Olive *(V)*

Desserts

Desserts can be tailored to the retreat's tone, from lighter to more indulgent options.

- Sticky Date Pudding – Butterscotch – Ice Cream
- Millionaires Chocolate de Leche Gateaux
- Lemon Meringue Pie
- Tiramisu
- Apple Crumble & Vanilla Ice Cream
- Caramelised Custard Tart – Poached Pear – Lavender
- Dark Chocolate Tart – Cherry Ripe Ice Cream

DAILY BRUNCH

Buffet Includes

- Morning Boost Shot – Ginger & Turmeric (alternating each morning)
- Chia Seed & Manuka Honey Overnight Oats with toppings
- Greek Yoghurt
- Fresh Fruit Salad
- Protein Pancakes with alternative toppings each day

PLUS, CHOOSE ONE ADDITIONAL DISH EACH MORNING

- Chargrilled Courgette & Feta Frittata – Wild Rocket – Pesto
- Breakfast Burrito – Black Beans – Spinach – Egg – Cheese – Roasted Pepper
- Kefir & Coriander Flatbreads – Beetroot Hummus – Grilled Broccolini – Pomegranate
- Raw Nourish Bowl – Tzatziki – Hummus – Falafel – Spinach – Pickled Cabbage – Chickpea
- Avocado & Marinated Heritage Tomatoes – Fresh Basil – Grilled Sourdough
- Stuffed Peppers – Quinoa – Courgette – Feta – Herbs
- Sweet Potato & Spinach Hash – Avocado – Seeds
- Warm Spiced Beans – Roasted Vegetables – Fresh Herbs – Grilled Sourdough

AFTERNOON SNACKS

Light afternoon snacks available to support energy between sessions.

- Energy Balls
- Seasonal Fruit Basket
- Herbal Tea Selection

Smoothie of the Day available (£5 per person)

LADYBURN

PLANT-LED RETREAT DINING MENU

Designed to be light, nourishing, and supportive of the retreat experience

April 2026 · £70 per person, per day (Inc VAT)

DAILY FLOW

ALL DAY · SELF-SERVICE

- Tea (black & herbal)
- Bean-to-cup coffee machine
- Cows, oat & almond milk
- Filtered water

07:30 · PRE-YOGA

- Fresh fruit selection, replenished daily
- Yoghurt (dairy-free options available)
- Oatcakes
- Tea, coffee & water

BRUNCH · SEE BELOW

- Buffet served from 10:30 / 11:00
- Daily rotating dishes
- One additional dish per day included

BRUNCH

10:30 / 11:00 · Buffet Style · Served Daily

SERVED EVERY DAY

- Overnight oats or chia pots made with plant-based milk or yoghurt
- Fresh fruit basket, replenished daily
- Smoothie of the day — rotating flavours, made with oat milk
- Greek yoghurt and a plant-based alternative
- Protein pancakes with rotating toppings

PLUS, CHOOSE ONE ADDITIONAL DISH PER DAY

- Chargrilled courgette, feta & datterino tomato frittata with wild rocket and pesto
- Raw Nourish Bowl — falafel, hummus, chickpeas, seasonal greens and pickled vegetables
- Buddha Bowl — roasted sweet potatoes, chickpeas, brown rice, kale, radishes, carrots, cabbage and roasted cauliflower
- Avocado & marinated heritage tomatoes on sourdough with fresh basil and olive oil
- Tuscan bean stew with grilled sourdough and herb oil
- Shakshuka baked eggs with spiced tomato and peppers (vegan option available)
- Stuffed peppers with quinoa, seasonal vegetables and fresh herbs
- Sweet potato & vegetable hash with seeds and fresh herbs
- Ladyburn poke bowl with Cajun chicken (or tofu / salmon), wild rice, BBQ pineapple, spinach, sweetcorn and yoghurt dip
- Warm spiced beans with roasted vegetables and chargrilled sourdough
- Baked sweet potato with spiced chickpeas, yoghurt and fresh coriander
- Huevos rancheros — borlotti beans, soft charred taco, pico de gallo, eggs and hot sauce (vegan option available)
- Light Spanish tortilla with herbs, smashed avocado on sourdough and vibrant salsa
- Grazing board — whipped feta & date, spiced houmous, roasted Mediterranean vegetables, marinated halloumi, olives, grilled courgettes, caprese, croqueta, rosemary & Maldon focaccia, flatbreads (£7 supplement per person)
- Smørrebrød selection
  - Whipped ricotta with honey, thyme and roasted figs on sourdough
  - Salt baked beetroot with raspberry vinegar and goat's cheese

DINNER

19:00 · 2-Course Plated Service · Choose one starter and one main per evening

STARTERS

- Thai spiced butternut squash soup — coconut, lemongrass and lime, sourdough
- Roast butternut squash, coconut & chilli soup, sourdough
- Curried lentil soup — warming spices, coconut, fresh herbs, coconut yoghurt, sourdough
- Mushroom, leek & cauliflower soup — garlic, thyme, coconut yoghurt, sourdough
- Roasted vegetable mezze plate — beetroot hummus, olives, flatbreads and grilled broccolini
- Mediterranean grain & roasted vegetable plate with herbs and dressing
- BBQ halloumi with chickpeas, heirloom tomatoes, basil and olive oil
- Stuffed peppers (starter) — herbed quinoa, feta, roasted vegetables, fresh herbs, light leaf salad
- Classic asparagus & pea risotto (starter) — white wine, marinated zucchini, cherry tomato and toasted pine nut salad

MAINS

- Harissa roasted cauliflower — warm tabbouleh, caper & raisin purée
- Cajun roasted vegetable skewers — coconut rice and fresh salsa
- Mediterranean grain & roasted vegetable plate with tahini dressing
- Sweet potato, squash & chickpea curry with fragrant spices
- Pumpkin & sage gnocchi — herb butter sauce and seasonal greens
- Miso roasted aubergine — sesame greens and brown rice
- Stuffed aubergine — chickpeas, tomatoes, herbs and tahini dressing
- Stuffed peppers (main) — herbed quinoa, feta, roasted vegetables, fresh herbs, light leaf salad
- Vegetable Wellington — butternut squash, feta and spinach, truffle sauce
- Classic asparagus & pea risotto (main) — white wine, marinated zucchini, cherry tomato and toasted pine nut salad

OPTIONAL ADD-ONS

SNACKS

- Extra smoothie during the day — £5 per person
- Energy balls (2 per person) — £6 per person
- Traybakes / flapjacks (2 per person) — £5 per person

DESSERT — £12 PER PERSON

- Black Forest Brownie — Amarena cherries, raspberry sorbet (vegetarian)
- Apple strudel — spiced filling, golden pastry, cinnamon sugar, dairy-free ice cream (vegan)
- New York Baked Cheesecake — blueberry compote, white chocolate crumble (vegetarian)
- Biscoff Cheesecake — spiced biscuit base, smooth caramelised filling (vegetarian)
- Dark Chocolate Tart — raspberry sorbet (vegan)
- Stone fruit crumble — seasonal fruits, oat crumble, dairy-free ice cream (vegan)

Ladyburn Pizzeria Experience

Wood Fire Pizza Oven · Operated by our Chefs Only

















£32 per person · £40 per person with dessert

MEAT LOVERS

Pepperoni Heatwave
Tomato sauce, mozzarella, pepperoni, red onion, chilli flakes

Prosciutto & Rocket
Tomato sauce, mozzarella, prosciutto, rocket, green pesto drizzle

Spanish Chorizo
Tomato sauce (or BBQ), mozzarella, chorizo, red onion, peppers

Chicken & Pesto
Tomato sauce, mozzarella, chicken, green pesto, bocconcini

BBQ Chicken
BBQ sauce, mozzarella, chicken, peppers, red onion, chilli flakes

Spicy Salami Inferno
Tomato sauce, mozzarella, salami, chilli flakes, onion chutney jam

VEGGIE LOVERS

All available with vegan cheese.

Margherita Classica
Tomato sauce, mozzarella, bocconcini, fresh basil, olive oil

Mediterranean Veg
Tomato sauce, mozzarella, peppers, mushrooms, onion, olives, pesto

Tofu & Pesto Power
Tomato sauce, marinated tofu, mushrooms, olives, red pesto

Sweetcorn Sunshine
Tomato sauce, vegan cheese, sweetcorn, mushrooms, rocket, red pesto

Goat Cheese Delight
Tomato sauce, goat cheese, caramelised onion, red peppers, rocket

Triple Cheese Dream
Mozzarella, bocconcini, goat's cheese, a touch of red pesto

Rocket Pesto
Tomato sauce, mozzarella, rocket, green pesto drizzle

Garden Veg Classic
Tomato sauce, mushrooms, peppers, red onion, olives, rocket

BUILD YOUR OWN

Anything not listed, please ask!

SAUCES & CHEESE

Tomato pizza sauce
BBQ pizza sauce
Mozzarella cheese
Bocconcini cheese
Goat's cheese
Vegan cheese

MEATS

Salami
Pepperoni
Chicken
Chorizo
Prosciutto

VEGETABLES

Mushrooms
Red onion
Olives
Peppers
Rocket
Sweetcorn
Pineapple
Courgette
Aubergine
Spinach
Fresh basil

EXTRAS

Chilli flakes
Chilli oil
Onion chutney
Green pesto
Red pesto
Tofu
Lentils

DESSERTS

Black Forest Brownie
Amarena cherries, fruit sorbet

Lemon Meringue Pie
Raspberry sorbet, white chocolate decor

Tiramisu
An option of three to choose from: coffee, lemon or pistachio

Caramelised Custard Tart
Dulce de leche, salted caramel ice cream

New York Baked Cheesecake
Blueberry compote, white chocolate crumble





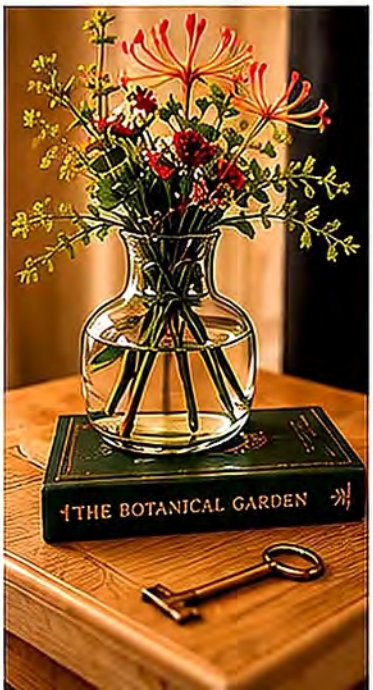


HONEYSUCKLE

COUNTRY CHARM
TIMELESS COMFORT













FERN

Botanical Calm

A ROOM INSPIRED BY NATURE,
DESIGNED FOR REST.





















ROSEHIP

Romantic. Restful. Timeless.

FLORAL CHARM. COUNTRYSIDE VIEWS.
BEAUTIFUL COMFORT.











WILLOW

Calm. Elegant. Naturally Welcoming.

SOFT HUES. TRANQUIL COMFORT.
A ROOM TO UNWIND.















JUNIPER

Rich Character. Restful Luxury.

DEEP TONES. TEXTURED LAYERS.
A ROOM TO UNWIND.















BLOSSOM

SOFT • ROMANTIC • RESTORATIVE

SUPER KING OR TWIN

A room inspired by English cottage gardens, delicate florals and gentle luxury.











WILDFLOWER

Botanical Elegance

SOFT FLORALS. GARDEN VIEWS.
RESTFUL LUXURY.

















MEADOW SUITE

Country Views. Timeless Calm.

WAKE TO WILDFLOWERS AND
WIDE OPEN SPACES.















SAGE

Natural. Timeless. Restful.

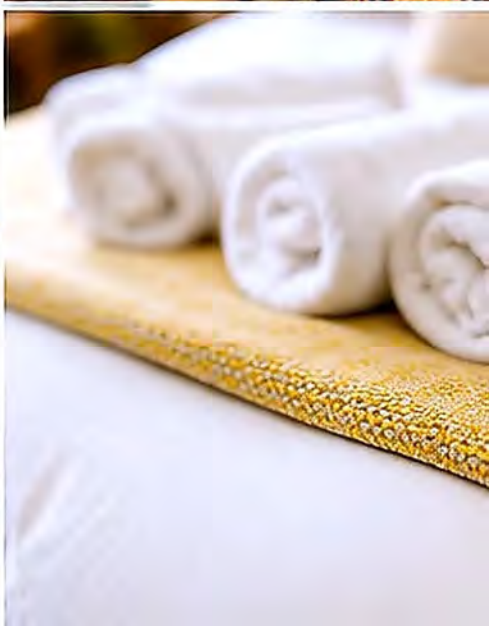
A CALM SANCTUARY
SURROUNDED BY NATURE.
MADE FOR SLOW MORNINGS
AND LONGER STAYS.











LADYBURN

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