



DALMAHOY

HOTEL & COUNTRY CLUB

EDINBURGH

## REST. IMPROVE. PLAY.

COME ALONG TO OUR GOLF & WELLNESS RETREAT HOSTED BY OUR HEAD PGA PRO SCOTT DIXON, TO TAKE TIME OUT FOR YOU.

27<sup>TH</sup> MARCH - 29<sup>TH</sup> MARCH  
OR 19<sup>TH</sup> JUNE - 21<sup>ST</sup> JUNE

MASTER THE LATEST BREATHING AND MINDFULNESS TECHNIQUES TO ENHANCE BOTH YOUR GAME AND, YOUR LIFE.

### RETREAT INCLUDES:

- 2 nights full board with delicious healthy meals prepared by our award-winning chefs
- Introduction to mindful golf coaching – which includes breathing techniques and body awareness to improve your game
- Unlimited tea and coffee during morning and afternoon breaks
- Full use of resort leisure facilities including gym, swimming pool, sauna and steam room
- Green fees included for rounds on both days

CALL OUR RESERVATIONS TEAM TO BOOK ON **0131 333 1845**

**TOTAL COST £420 PER PERSON**

*(based on 2 people sharing a room)*

**£527 SINGLE OCCUPANCY**

This is an alcohol-free retreat to help achieve true mindfulness