

Sanctuary

in the City

Nº 11 Hotel & Brasserie



Escape to the sanctuary in the city at No11 for a relaxing Yoga Weekend. Led by Sharon Iacono who has over 20 years of Yoga experience and 5 years teaching. The weekend will be designed around you, beginner, intermediate or advanced. Its a great thing to do as a single, with a friend or for a couple.

No11 is a boutique hotel in a Georgian Townhouse in a quite but central location in the beautiful City of Edinburgh.

Edinburgh has so much more than just the Royal Mile. The city has beautiful parks, walks and cycles as well as oozing history and beauty.

You can stay in the lovely surroundings of No11 and relax and reenergise or go out and explore the city.

Give yourself or someone you love a treat!

Luxury Rooms



Weekend Yoga Retreats

Tel: 01315576910

www.sonoyoga.co.uk

www.11brunswickst.co.uk

Programme

Friday Afternoon

3.00pm : Check-in No11

4.00pm : Welcome Circle and Stretch

Introduction to the weekend with a gentle mobilising yoga class to ease the travel aches and pains

7:30pm : Healthy 3 Course Dinner

chosen from the No11 A La Carte Menu

Post Dinner Relaxation

in the lounge or enjoy your room and maybe a long shower/bath and pamper toiletries

Saturday

8.00am: 90 minute Energising Yoga Practice

10.00am: Breakfast

Free time

Explore the stunning city of Edinburgh: Art Galleries, Museums, Peaceful Riverside Walks, The City offers a diverse and beautiful landscape.

You can add extra yoga and treatments in this time (please ask for pricing)

5:00pm: 90 minute Gentle Yin Yang Yoga and Meditation

7:30pm: Healthy 3 Course Dinner

chosen from the No11 A La Carte Menu

Sunday

08:00am: 90 minute Energising Yoga Practice

10:00am: Breakfast

12:00pm: Late Check-Out

We will look after your bags so you can spend more time exploring Edinburgh

Typical Menus

Starters

Chicken & Granmanier pate with red onion marmalade & toasted Brioche (GF)

Indian spiced potato Aloo Tikka, with coriander, mint & chilli chutney, dressed peashoots and pickled carrots (V) (GF)

Grilled basil scented watermelon, quinoa salad, crumbled feta & superseed dressing (V) (GF)

Hot smoked salmon, with beetroot & spinach salad and a horseradish & dill dressing

Warm duck pastrami, with pickled plums, a hazelnut crumb and red wine & caramel dressing

Mains

Confit smoked Pork Belly, with charred corn salsa, baked potato mash, and tomato chipotle

Pan fried Seabass, charred fennel & tomato with a bean cassoulet

Courgett, fennel, feta & walnut cannelloni, in a smoked tomato sauce, with garlic & chilli spinach

Slow roast peppers with tomatoes, garlic & pine nut endive salad & a romesco dressing

Lamb Trio of Cutlet, BonBon & Bacon with potato croquett and cabbage & thyme gratin

From the Chargrill: Beef Rump, Ribeye, & Fillet Steak Venison Steak (supplements may apply)

Desserts

Lemon & ginger baked cheesecake

Blueberry & frangipane tart

Summer berry pavlova & chantilly cream

Homemade ice creams & sorbets

Booking Information

Dates:

2020: 16-18 October; 20-22 November;

2021: 15-17 January; 19-21 February;
26-28 March

Price:

£495 p.p. based on one person per room.

£395 p.p. based on two people per room.

10% early bird discount if booked more than 90 days in advance

How to Book:

Call (01315576910) or

email (info@11brunswickst.co.uk)

Inclusions:

Four Yoga Sessions

Two nights stay (Friday/Saturday) in an Executive Double room at No11.

Breakfast & three course dinner from a la carte menu. Vegan and Vegetarian options available. Please tell us about any food allergies in advance.

We will call you discuss what Yoga experience you have and what you want to get from the classes

Terms and Conditions:

£50 Non refundable deposit at time of booking with full amount payable 21 days in advance. Drinks, Lunch Packs, Extra Yoga Sessions and Treatments are not included and will be added to your bill. Other hotel terms and conditions apply, please check www.11brunswickst.co.uk

Relax and Reenergise

Eat Well - Live Well

Treat Yourself