

Steps to Wellbeing: A Pilgrimage Retreat of Reflection & Movement

Renew your spirit & body on the Isle of Iona – your perfect getaway destination

22nd- 27th October 2025 - Argyll Hotel, Isle of Iona

Led by [Sarah Grocutt](#)



Experience the transformative power of autumn on Iona, where the season of change mirrors the journey of life. As the vibrant colours of autumn paint the landscape, embark on this retreat that invites you to reflect, renew, and embrace the beauty of change. Just as leaves turn and fall, making way for new growth, this retreat offers a unique opportunity to shed old patterns and welcome new beginnings.

As part of the pilgrimage retreat, each day will feature a different talk centred around a specific theme that will guide the day's activities and reflections. These themes, carefully chosen to align with the overall goals of the retreat, will be seamlessly integrated into Pilates exercises and walking, allowing participants to connect the physical movements with the theme of the day. This holistic approach encourages not only physical well-being but also mental and emotional reflection, as both Pilates and walking will serve as a mindful exploration of the day's topic, fostering a deeper sense of personal insight and connection to your time on Iona.

Through inspiring talks, physical movement and mindful practices you'll find a deeper connection to nature and yourself. Join us this autumn and let the serene beauty of Iona guide you on a path of personal transformation and renewal.

Argyll Hotel is offering this retreat for an inclusive fee of £1,200 (price based upon a garden view single room – room upgrades are available) which covers your retreat fee and full board accommodation. Interested participants should contact Sarah – sarahgrocutt2@outlook.com – to check the course is right for you and then contact the hotel to complete your booking – email reception@argyllhoteliona.co.uk or telephone 01681 700334