

# At the Balmoral this weekend – celebrate World Wellness Weekend

To celebrate World Wellness Weekend from 22 – 23 September 2018 you are invited to join in some fun and creative wellness activities.

The Balmoral Hotel and Spa in collaboration with Tribe Yoga  
Sunday 23rd September 2018

Classes open to all at 9am, 11am and 2pm in the Studio  
(Maximum of 12 guests per session)

Delicious smoothies and energy balls post session

Call (+44)0131 622 8880 to book or [click here](#) for further details.

