

# Revive Yoga Breaks teams up with the Principal Edinburgh Charlotte Square

[Revive Yoga Breaks](#) and The Principal Edinburgh Charlotte Square launch a series of luxury wellness retreat days to give locals and visitors an unforgettable escape from the hustle and bustle this October and November.

The luxurious experiences at one of Edinburgh's oldest and most iconic hotels will include expert personalised yoga classes from flow to yin, and nourishing meals from breakfast juices and chia pots to scrumptious raw cakes in the afternoon. The day will also include a talk from a nutritional therapist, opportunities for refined chillout sessions in the hotel's spa facilities including the sauna, steam room, jacuzzi, and pool, and a chance for social drinks in The Garden.

Offering the highest level of relaxation and rejuvenation, the experiences will be hosted by experts in their field including Revive founder Janet Johnston, and expert yoga instructors Alan Lambie and Katy Wakefield who will welcome beginners and regular practitioners alike. The day will also include nutritional talks with Mary Cotter who will provide tips on Eating for Winter Wellness and talk through the nutrition of all the meals provided on the day.

Guests will also have plenty of relaxing 'me time' in the spa or in the dedicated Revive lounge where they will have the opportunity to connect with other Revive guests.

As an additional treat, guests can choose from a range of award winning Ishga spa treatments for guests who want to add an extra splash of luxury to their day and remain in their fluffy slippers.

Ryan Clarke, Manager of The Spa at The Principal said, “Revive Yoga Breaks will provide a unique luxury offering to our existing members, hotel guests and those who need a well-deserved break. We’re delighted to partner with Revive to bring this brand-new experience to the city centre.”

Prices start from £75, to book [Click Here](#) or email [hello@reviveyogabreaks.com](mailto:hello@reviveyogabreaks.com) or call 0773 932 8877.

