



MAI SON YOU

WELCOME TO

MAISON YOU

CURATED RETREATS FOR A BETTER YOU

At MAISON YOU, we believe wellness isn't a luxury—it's a necessity. We're here to help you reconnect with yourself and rediscover what it means to be well.

Think of us as your personal wellness curators—whether you need stress relief, burnout recovery, or a gut health reset, we handpick retreats that foster deep, lasting transformation.

Let us guide you to the perfect retreat for YOU.



BEST RATES & PERKS

Guaranteed best rates at selected retreats worldwide, with upgrades, retreat credits, discounts and special experiences like spa treatments and personalized consultations.

EXCLUSIVE EXPERIENCES

Priority access to new or limited-edition wellness and brand experiences

COMMUNITY FOCUS

A trusted community of expert curators - from wellness coaches to healers and industry visionaries - handpicking meaningful experiences just for you.

AT MAISON YOU, YOU ARE THE PURPOSE.



WILDLIFE & YOGA

Founded by Laura Bunting, Wildlife & Yoga retreats are designed to bring people closer to nature and themselves.

Blending world-class hospitality with the untamed beauty of the land, Wildlife & Yoga offers exclusive experiences, unique locations and the grounding presence of nature. Here, time slows, senses heighten, and guests are invited to rediscover themselves in perfect harmony with the land.



SIGNATURE EXPERIENCES



THE WILD NORTH

3 NIGHTS / 30TH - 3RD MAY, 2026
SUTHERLAND, SCOTLAND

AN EXCLUSIVE HIGHLANDS HIDEAWAY



FOUR DAYS OF CONNECTION AND CALM

THE WILD NORTH

There is a certain magic to the Scottish Highlands - a stillness you can feel in your bones, a beauty that stays with you long after you've left.



The Wild North Retreat is your chance to step into that magic. Four days and three nights in an exclusive Highland hideaway, surrounded by mountains, lochs, and the kind of quiet that lets you truly exhale. Through daily yoga, nourishing meals, guided walks, wild swims, and moments of deep rest, you'll rediscover what it means to feel alive, grounded, and connected to yourself and to the land.

This retreat has been curated for those who seek high quality in every sense: luxurious comfort, exquisite food, and unforgettable experiences, all wrapped in the warmth and care Laura Bunting is known for.

Imagery courtesy of Wildlife & Yoga / Real Good Collective



KEY EXPERIENCES:

- Three nights in luxury Highland accommodation
- Daily morning Vinyasa yoga with Laura Bunting
- Evening Yoga Nidra
- Guided Highland walks with local experts
- Wild swimming in pristine lochs (optional)
- Unlimited use of the retreat's sauna and cold plunge
- Breakfast, lunch, and dinner prepared by our private chef, using
- local seasonal produce
- Tea, coffee, and snacks are available all day
- Fireside evenings

DETAILS & PRICING:

DATES:

4 days, 3 nights / 30th-4th May, 2026

LOCATION:

Kinloch Lodge
Sutherland, Scotland

PRICING:

Shared Room – £3,545 per person

Private Room – £3,999 per person

Includes accommodation, full yoga programme and all meals.

YOUR MAISON YOU BENEFITS:

- Complimentary pre-retreat online session



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Day 1: 30 April – Arrival

Arrive at Kinloch Lodge from 3 pm.
Settle in, explore the grounds.
We will gather for canapes and kombucha around a fire.
Shortly after we will have dinner together and then Laura will lead a guided meditation.

Day 2: 1 May – Settle into the Highlands

Morning yoga in the annex overlooking the hills, guided walk to hidden lochs, e-cycle back to camp, and sauna time.
Dinner together followed by Evening Yoga Nidra.

Day 3: 2 May – Wild Water & Warm Fires

Optional morning wild swim, warming breakfast, and free time to rest or enjoy a treatment, if booked.
Afternoon enjoy the house, private hike followed by dinner and Yoga Nidra.

Day 4: 3 May – Farewell

Early morning Yoga with Laura, closing breakfast, and checkout at 10:00 am.

CONTACT US

hello@maison-you.com

[@_maisonyou](https://www.instagram.com/_maisonyou)



www.maison-you.com

WELCOME HOME

