

# MYTHIC RHYTHMS

A Celtic Drum-Making Retreat for  
Women in the Scottish Highlands

September 20-29, 2026

*at Eagle Rock*



On ancient sanctuary land, immerse yourself in the transformative rhythms of nature, ancient Celtic and Nordic myths, sisterhood, and sacred craft during this nine-day retreat into the wild heart of Scotland.

*Discover and refine your voice through the work of your hands, the inspiration of story and chant, and the wild beauty of the Highlands.*



A person with their hair in a bun, wearing a green and red striped hoodie, sits on a light-colored sofa. They are looking out a large floor-to-ceiling window. The view outside shows a sunset over the ocean with mountains in the distance. The sky is filled with soft, golden light and wispy clouds. In the foreground, there are some tall, thin plants on a wooden deck. To the right, a wooden chair and a small round table are visible. The interior has a warm, cozy feel with wooden flooring and a light-colored sofa.

# EAGLE ROCK

YOUR HIGHLAND  
HOME AWAY FROM  
HOME

Eagle Rock sits within a circle of ancient standing stones, marking its place as a Gaelic Clachan, or sanctuary. This historic site was chosen by ancient Celts as the location for a watchfire, a vital warning system against Viking invasions dating back to AD 737. Over time, it became a place of peace and connection.

The lodge features intimate and open living and work spaces with versatile lighting, wood and stone finishes, and a design that feels both captivating and cozy. Creature comforts abound, with high-end audio and screen technology, excellent WiFi, a snug, book-lined library with a wood-burning stove, and dreamy views of mountain and sea.

# DRUM

**"I am Drum. Skin, Wood and Bone. Symbol and Sound. Here I am with a voice louder than your own, softer than a whisper, older than memory, calling you, healing you. I borrow your ears, echo your heartbeat, call you in, let you go. I tell an unbroken line of stories a child can understand or an elder finds wisdom in. I prophesy and announce. I put woes to rest and call joy to dance. My song is old, yet my voice remains powerful. Come forth my companion and keeper, for I cannot speak without you, my voice is silent without your hands and passion. Together we gather, together we speak, together we are heard. Just a sound on wood and skin and bone which casts the unspoken words into the world."**

*- Willow Lopez*



Willow Lohr



Dear Friend,

Imagine you could retreat to the oldest sanctuary land in Britain, to a comfortable, beautiful eco-lodge nestled between standing stones, in the Wild Scottish Highlands. Imagine you could craft your own drum from red deer hide and ash, mulberry or birch wood (your choice), inspired by story and chant. Imagine you could take time for stillness in nature, true rest, and the work of your hands and heart on this intimate creative journey shared with 9 other women.

By making a drum from scratch whose purpose is to resonate, we dare to reveal ourselves, to be heard, and to speak with unapologetic confidence. Through this tactile, soulful process, you will transform nature's raw elements into an instrument that becomes a powerful extension of your voice and spirit. Who knows what treasures you will discover along the way? Riding on the cusp of Autumn, join us in the process of honouring and entering into winter's darkness, scarcity and loss - from the abundance of Summer - whatever that cycle means to you personally.

At this point in our lives, there is great release in the directness, compassion and unspoken understanding amongst women, which comes from hard-won self knowledge and life's bumps. Also, humour. These are the key qualities of the sisterhood I call to my cliff!

We have included a comprehensive breakdown of our curriculum to help you choose your tree for the drum rim, and begin to prepare. We have one (very long) excursion day to the Isle of Skye across the water. We also offer daily excursions - a foraging hike with a local crofter, a visit to the highland coos, a walk to Ard Dubh, where there are ancient hazel tree groves, wild swimming in the bay. We'll spend at least a day focusing on each element, a process woven into your drum-making. You'll make fire from scratch, learn a water song....

Some of you are already familiar with chef Gerry's delicious organic food, and the joys of the hot-tub, wilderness surrounds, and Applecross village's particular charm. If you're not, then the friend who has been here and passed this invitation on, can fill you in.

See you soon, I hope -  
Love,

*Catherine*

Catherine Stewart



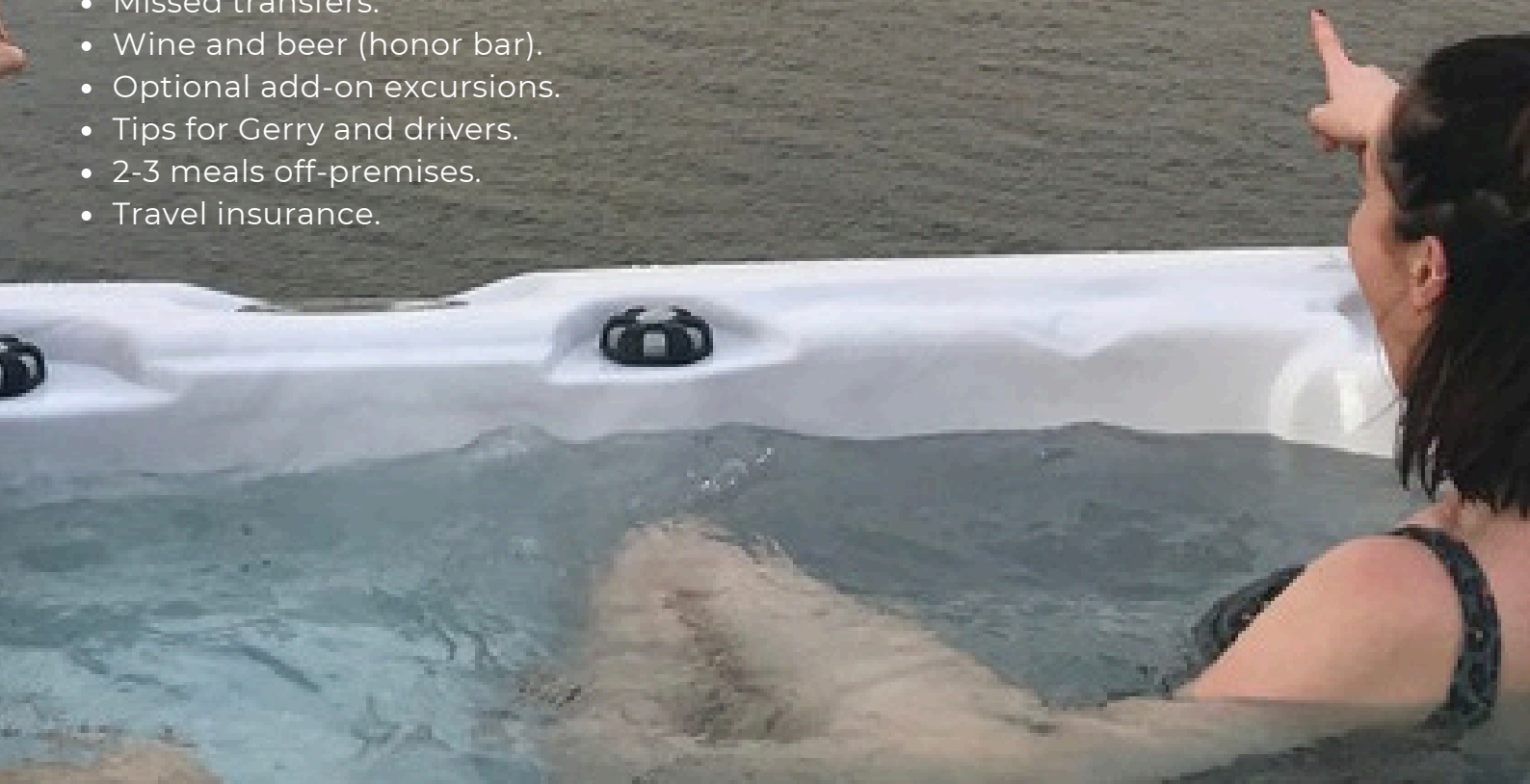
# INFORMATION

## What Is Included

- 10 nights accommodation. (Prices vary by room, single or sharing).
- Daily breakfast, lunch, and dinner (except for 2-3 meals on excursions).
- A full-day excursion to Skye, including all entrance fees to Dunvegan Castle.
- All retreat materials.
- Ground transport to and from Inverness.
- Daily teachings from Willow.
- Guided walks and wild swimming excursions.
- Pre-retreat orientation call.
- Post Retreat integration call

## What Is Not Included

- Airfare.
- Missed transfers.
- Wine and beer (honor bar).
- Optional add-on excursions.
- Tips for Gerry and drivers.
- 2-3 meals off-premises.
- Travel insurance.



# RETREAT LEADERS

**Willow Lohr** is your instructor for this course. Curiosity and an unfailing conviction in the existence of magic has led Willow to the Path of Ravens and Hares. Although she was born in the Netherlands, she has lived almost her entire life deep in the unspoilt nature of the mountains in Scotland. And although she is now guided by Nature, the Trees, the Animals, Rivers and Wind, her knowledge originates from 20 years of practical teaching in Bushcraft (Ray Mears), Tracking (CyberTracking), Handcrafts and Wilderness Skills. She is a Master Expert Beekeeper. So, you can expect her knowledge of Nature to be thorough and well-founded. All her experience is deeply connected in the Earth and the Elements but finds a firm footing in substantiating science. She will take you on a wandering path from present to past and back. She continued her philosophy studies with a specialization in the philosophy of the mind and then continued on the path of Shamanism and had lessons with Native Elders for four years. The combination of scientific thinking and the experiences from the traditional Paths means that Willow moves comfortably in nature and can stay there for a long periods of time. From this basic attitude, she will spark your connection.

**Catherine Stewart** has spent the last decade creating Eagle Rock, her haven and a highland home to many who return to Scotland. She will be offering daily short plant meditations. For just 10 minutes in the mornings, participants will be offered a tea or infusion created with indigenous plants with beneficial properties. She'll share the stories and lore connected to the plant too. Catherine's daily focus is on bringing out each individual's voice, writing a novel, and running her music company.



Elizabeth Eaken

**Elizabeth Eaken** fell in love with Eagle Rock when visiting with her family in the summer of 2024. After attending our spring 2025 Mythic Rhythms Retreat we have invited her back to help facilitate this retreat. Elizabeth will be assisting Willow and is so excited to help others experience the beauty of Eagle Rock and the teachings of Willow.

**Gerry Esparon** was born in the Seychelles, but has spent 40 years in the UK, raising a family of three girls, and making people happy with his organic, locally sourced ingredients and tasty food, all over the world!

# DAILY THEMES & SCHEDULE

## **Day 1: 20 Sept: Arrival & The Element of Water – Beginnings**

- Pick-up between 2 PM and 4 PM at Inverness Airport or Train Station, followed by a scenic 2-hour drive to Eagle Rock.
- Unpack and chill in the hot-tub, or enjoy a drink on the terrace.
- Quick Orientation.
- Welcome dinner.
- Early night.

## **Day 2: 21 Sept: The Element of Earth – Honoring Roots**

- Grounding drum meditation
- The Ash Tree and the Norns, weaving destiny's threads beneath the Tree of Life and inspiring reflection on personal roots and life paths.
- Willow's Introduction to drum-making materials, including the beater and the bag or wrap and different trees used. (You will have to select your rim before you come).
- Orientation excursion to the Walled Garden, Clachan Church, ancient hazelnut woods, and a broch, which doubles as a foraging exercise.
- Begin salmon hide tanning, connecting participants to raw materials and their symbolic significance.

## **Day 3: 22 Sept: The Element of Air – Tanning The Salmon Spirit**

- Willow dives deeper into salmon lore and the salmon skin tanning process
- We begin to create drum bags, symbolizing protection and continuity. (Or work with personally significant fabric you wish to use)
- Quiet solo time in nature foraging for a beater handle or a highland cow!
- Sunset Fire ceremony with Willow, where participants create their own spark using flint, grass fungi, and their breath.
- Silent meditation, journaling and early, deep sleep.
- Focus of the day is air and transformation

#### **Day 4: 23 Sept: The Element of Fire – Awakening Energy**

- Meditation before a hearty breakfast.
- Preparing red deer hides, scraping and stretching the rawhide (aprons and gloves provided).
- Willow teaches the symbolic lessons of wood and bone and their connection to the deep wisdom.
- A walk to the loch to tie hides overnight, allowing the water to soften them further.
- Downtime options include the hot tub, wild swimming, walking in the woods, or quiet rest with a lovely glass of wine.
- The day concludes with a hearty local seafood feast after a day of fresh air and effort.

#### **Day 5: 24 Sept: Crafting the Drum – Weaving Spirit into Form**

- Retrieve hides from the loch, and begin cutting and lacing them onto wooden hoops.
- In downtime, select your beater handle, or find the right piece of wood on a walk in the woods.
- Shape, cut and sew the salmon skin pouch of the beater, and prepare the handle.
- Start planning drum decorations, assembling brushes, colors, and beads, each preparing her own ready work station for our return. This is a work day and task focused.

#### **Day 6: 25 Sept: Flow Day – The Spirit of Scotland**

- Excursion to Skye, including a wonderful hike, a visit to Dunvegan Castle with a local guide and an optional boat trip at participants' expense (£15), weather allowing.
- Or take a quiet day of rest at Eagle Rock for personal time and silence
- Meditate by the sea and gather inspiration from the landscape during a group or solo walk.
- An evening whisky feast celebrates the Uisge Beatha (water of life) with live music. This is a seven course, plated extravaganza - even if you don't enjoy whisky, the focus of the night is delicious scents and flavours, and a romp through Scottish history!

### **Day 7: 26 Sept: Drum Decoration – Embodying Symbols**

- Begin the day with a late sleep and easy start -followed by wild swimming and the Song of the Seal sung by all of us - those in the water and those on the beach!
- After Willow's lessons from her 'deathbox', for the rest of the day, participants paint and decorate drums with natural pigments and symbols reflecting their journeys, complete their beaters and take time outs as needed in the nurturing surrounds.
- There are plenty of yoga mats and straps, and waterproof ground covers, if you wish to practice outside, between work sessions on your drum. There is a large shared space, but you are welcome to find a quiet table in a nook on your own too.
- The focus of the day is inner contemplation and creation as you find out what your drum is reflecting through nature-led practice with Willow.
- Drumming practices and teaching.
- Crafting your Journey's Steps.
- Hike to Coral Beach/Walled Garden.

### **Day 8: 27 Sept: Integration – Walking Between Worlds**

- Outside Drum meditation.
- Awaken your drum in a blessing ceremony, sharing its voice and story on your own walk in the surrounding land, and later, in the group.
- Reflections and contemplative time for final decorative work on the drum, bag, and beater.
- Journaling, wild swimming, or soaking in the hot tub.
- Wet felt boots: Participants engage in a foot-wrapping ritual, symbolizing grounding and blessings for their onward journeys.
- A leisurely walk along the shore, ending with a pint, fish and chips and other hearty fare at the local pub.



### Day 9: 28 Sept: Closing Ceremony – Renewal and Rebirth

- Willow offers teachings on how to integrate your drum and faith in nature practice into daily life.
- A final walk to the beach culminates in a celebratory closing.
- Early dinner at the Applecross Inn.
- Plenty of time for packing and finishing and an early night.
- It's important that people have time to return to places and tasks that mean something to them - to take time for their favourite tea in a quiet spot.
- Cath always takes people wild-swimming if they wish to!

### Day 10: 29 Sept: Departure

- Early departure for Inverness at 7:00 AM.
- Participants catch flights from the 11:20 to Heathrow onwards,. You can book trains from the 10:40 am, which is a three hour trip to Edinburgh.
- Many participants choose to explore Inverness for the day and catch an early flight out the following day. (There is an airport Marriott 200m from check in at Inverness airport and most KLM and other European connections are super early).



# DAILY PLANT MEDITATIONS

**Each day we'll enjoy a short plant meditation that fits the theme of that day.**

## **Day 1: Element of Water – Beginnings**

Tea: Heather (*Calluna vulgaris*)

Why: Heather grows abundantly across the Scottish Highlands, particularly around water bodies and moist moorland. Symbolically linked to new beginnings, beauty, and community, Heather tea traditionally brings clarity, calmness, and gentle healing, setting the tone for participants to gently settle and open their hearts at the retreat's start.

## **Day 2: Element of Earth – Honoring Roots**

Tea: Meadowsweet (*Filipendula ulmaria*)

Why: Meadowsweet thrives in the same damp habitats as Ash trees, reinforcing today's focus on roots and the Ash Tree's symbolic meaning as Yggdrasil, the Tree of Life. Traditionally seen as sacred to the druids, Meadowsweet supports digestion, eases pain, and symbolizes harmony with nature—perfect for grounding participants on their personal journey.

## **Day 3: Element of Air – Tanning the Salmon Spirit**

Tea: Elderflower (*Sambucus nigra*)

Why: Elderflowers carry airy, fragrant blooms that symbolize spiritual protection and renewal. Folklore links Elder to mystical thresholds and transformation. Elderflower tea supports respiratory health, gently invoking today's airy, transformative energies.

## **Day 4: Element of Fire – Awakening Energy**

Tea: Nettle (*Urtica dioica*)

Why: Nettle embodies fiery energy—known for its stimulating and energizing properties. Rich in nutrients, Nettle tea supports vitality and strength, fitting today's physical and symbolic awakening activities of scraping hides and transformation through fire.

## **Day 5: Crafting the Drum – Weaving Spirit into Form**

Tea: Hawthorn (*Crataegus monogyna*)

Why: Hawthorn represents the heart, protection, and sacred boundaries in Celtic lore. Hawthorn blossoms or berries, made into tea, gently support the cardiovascular system and the emotional heart—ideal while participants weave their spirits into the drums they are crafting.

### **Day 6: Flow Day – The Spirit of Scotland**

Tea: Bog Myrtle (*Myrica gale*)

Why: Traditionally used to flavor beverages in the Highlands, Bog Myrtle symbolizes purification, clear vision, and good fortune. Its aromatic, cleansing qualities match today's sea excursion and introspective quiet, connecting deeply with Scottish landscape spirit.

### **Day 7: Drum Decoration – Embodying Symbols**

Tea: Lady's Mantle (*Alchemilla vulgaris*)

Why: Lady's Mantle, known traditionally as the "Alchemist's herb," is associated with women's wisdom, intuitive insight, and subtle creativity. The gentle tea supports feminine energy, creativity, and balance—perfect for today's contemplative, symbolic decoration work.

### **Day 8: Integration – Walking Between Worlds**

Tea: Birch Leaves (*Betula pubescens*)

Why: Birch symbolizes new beginnings, purification, and transition between realms in Scottish and Norse mythology. Birch leaf tea gently detoxifies, aligning with today's integrative rituals and meditations that bridge inner and outer worlds.

### **Day 9: Closing Ceremony – Renewal and Rebirth**

Tea: Wild Rose/Rosehip (*Rosa canina*)

Why: Wild Rose symbolizes love, renewal, and emotional healing. Rosehip tea is restorative and rich in Vitamin C, strengthening participants as they embody themes of rebirth, community, and resilience, preparing them to step forward renewed.



# FOOD & DRINK

At Eagle Rock, food is not just nourishment—it's part of the experience. Gerry, our smiling chef, delights in creating meals that are fresh, seasonal, and locally sourced.

- Breakfasts: Hearty and healthy, featuring local eggs, fruit salads, and wholesome organic fare.
- Light lunches: Salads, soups, and seasonal offerings.
- Snacks: Always available, including homemade hummus, fresh vegetables, and sweet treats at tea-time.
- Dinners: range from traditional Scottish feasts to Asian-inspired dishes that complement our contemplative days.
- Vegans, vegetarians, and those with dietary restrictions are gladly accommodated.

We'll also venture out for 2-3 meals:(not included)

- The Applecross Inn: A classic Highland pub experience.
- The Victorian Walled Garden Cafe: A picturesque spot for lunch amidst blooming flowers.
- Sea Excursion Day: Weather and tides permitting, we'll enjoy a local pub lunch.

Highlights include:

- A local seafood feast, showcasing Scotland's coastal bounty.
- A Whisky Feast, with music and a taste of Scotland's national dish, haggis, flambéed and served with oatcakes.
- Themed evenings like our Traditional Scottish Night or Asian Fusion Night, inspired by Gerry's culinary creativity.

Every meal is designed to make you feel cared for and nourished, leaving you ready to embrace each day's adventures.

# ENROLLMENT

We are excited to welcome you to Mythic Rhythms and invite you to join us for this extraordinary journey. Space is limited to 12 participants to ensure an intimate and personalized experience.

## HOW TO REGISTER

Please email, WhatsApp or text to express your **interest** and **your accommodation preferences**. We will send you a questionnaire, to support your decision making process.

**Catherine:** [catherinestewart1@gmail.com](mailto:catherinestewart1@gmail.com) +447701082195.

**Elizabeth:** [fistik@sbcglobal.net](mailto:fistik@sbcglobal.net) +1 330-221-4261 (text message in the U.S.)

Accommodation will be given on a first come, first serve basis.

A **non-refundable deposit** of **\$1500** is required by 20 April 2026 to **secure your spot**. We are **open to creating payment plans** too!

The remaining balance is due by 10 September 2026.

### SPECIAL:

**BOOK BEFORE 31 December 2025 AND RECEIVE \$100 OFF YOUR BOOKING**

### CANCELLATION POLICY

- **Cancellations made after 20 June 2026 are non-refundable, unless we can fill your spot**, if we can, you will be fully refunded, barring bank charges.

# ACCOMMODATION OPTIONS AND PRICING

The costs below include full board, transport between Inverness and Eagle Rock, all materials, tools and gear required for the retreat. It does not include three meals, your travel to Inverness, or your travel insurance.

Log on to [eaglerockscotland.co.uk](http://eaglerockscotland.co.uk) to see more of the house and room details.



[@EagleRockApplecross](https://www.facebook.com/EagleRockApplecross)



[@eagle.rock.applecross](https://www.instagram.com/eagle.rock.applecross)

## 1. Deluxe Suite

A very spacious super-king en suite with a separate loo, private balcony, and hand-planed acacia wood floors. Enjoy panoramic sea and mountain views. This room can be configured as a super king with a single or a treble room with two twins and a super king. Lovely workspaces and a walk in wardrobe too. This suite is the size of three other bedrooms combined.

- **Double Occupancy: \$3999 per person**
- **Treble Occupancy: \$3499 per person**

## 2. Milton En Suite

A spacious super-king or twin room with a luxurious bathroom and stunning sea and mountain views.

- **Single Occupancy: \$4699**
- **Double Occupancy: \$3799 per person**



### 3. Nest En Suite

A charming en suite with skylights, a queen bed, and a private entrance with a balcony overlooking the sea.

- **Single Occupancy: \$4300**

### 4. Mountain View Sunrise Room

A beautiful en suite with twin or super-king bed configurations, a private bathroom, and sweeping mountain views.

- **Single Occupancy: \$4599**
- **Double Occupancy: \$3699 per person**

## 5. Cocoon Room

The coziest of the rooms, featuring two twin beds and a writing desk with a sea-view window. Shares a luxurious full bath and shower with the Seaview room.

- **Single Occupancy: \$3599**
- **Double Occupancy: \$3100 per person**

## 6. Seaview Room

A stunning room with a super king or twin beds, offering spectacular panoramic views of Skye and the Hebrides. This room shares a luxurious full bath and shower with the Cocoon room.

- **Single Occupancy: \$4399**
- **Double Occupancy: \$3799 per person**





# ADDITIONAL INFORMATION

We are happy to assist with travel logistics and answer any questions.

Please reach out to Catherine or Elizabeth on WhatsApp or by phone, zoom or platform of your choosing.

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