

Life Magic

Manifest the Life You Want

21 – 25 June
2026

Summer Solstice

Isle of Cumbrae,
Scotland



What if ...

You could find the love you truly want?

Attract the income that reflects your real worth?

Discover the vocation that lights you up?

Live the life that feels wholly, joyfully yours?

More than wishful thinking, all of this is within your reach. Life Magic is an art you can learn — ancient, powerful and completely available to you.

You'll be expertly guided by Kay Starr, someone who has lived and breathed this magic for a lifetime — and still does...



Manifest the Life You Want

We hear about manifestation everywhere right now. It's clearly resonating — because we are waking up to our inherent ability to shape our own lives.

But what IS manifestation? And how do we make it work?

Manifestation is about deliberately creating the life we want.

Come and discover how. Go deeper than you have ever gone before. Unlock what becomes possible when intention meets surrender, when asking meets receiving.

You will be guided into this magic and shown how to make it your own — a gift for life.



100% intention +
100% surrender =
manifestation

Manifestation begins with getting utterly honest about what you truly long for — and bold enough to ask for it.

Then comes the surrender — letting go, appreciating what is and resting in a confident trust of what's to come. True receptivity.

There is an art to embracing both intention and surrender at once — and this is the potent state of HAVINGNESS.

Life Magic will take you there.

What Is Life Magic?

Life Magic is an inspiring transformational journey to connect with your TRUE self, your TRUE wisdom, your TRUE life — and bring them fully into being.

Here's what we'll do together:



Life Magic is a gentle yet powerful process.

You'll leave with clear direction, access to your own inner wisdom and the means to keep manifesting the life you truly want — forever. Quantum leaps happen here!



This is For You

Perhaps your life has stalled or shifted recently — there's a relationship to be considered or found, children who have flown, a career calling out for change, a bereavement that has redrawn the map.

Maybe there's a milestone birthday, or simply a whisper of knowing that now is the time to reinvent yourself.

So, give yourself the grace of space. Gift yourself something extraordinary.

Life Magic is accessible to those new to this experience and deeply fulfilling for those more practised. Everyone goes deeper here... you will.

And if something inside you is stirring — a growing recognition, a powerful sense of yes — then this retreat is exactly where you are meant to be.



Kay Starr

Your Guide

Having always been fascinated by what makes us truly flourish, my journey began early — searching for answers among the great wisdom traditions and studying psychology at university.

Learning to meditate age 19, I moved to London to train for and teach as an ordained Buddhist. Nearly two decades of community, retreats and ethical business transformed me from the inside out.

Moving on from Buddhism to a family life in Devon and drawing on fresh influences, I founded Thrivecraft in 2003 — a life, business and spiritual coaching practice specialising in meditation, inner wisdom and manifestation.

Ten years later, Thrivecraft evolved into an academy — training and accrediting Thrivecraft coaches and meditation teachers.

With thirty years of guiding retreats, groups and workshops behind me, I love this vocation more than ever.



Returning to my native Scotland in 2021 while still caring for my late husband and during a series of personal losses, my own remarkable reinvention began.

Life Magic, as ever, led the way — finding a wonderful new love, founding Kay Starr TV and stepping fully into broadcasting and presenting.

With renewed energy and purpose, I am now relaunching my vocation completely.

The time has never felt more right.

Enchanting Island

Just off the west coast of Scotland, the Isle of Cumbrae is known as ‘Scotland’s most accessible island’ and its peace and tranquillity are felt the very moment you step off the ferry.

Eleven miles round, with a road that hugs the entire coastline, two thirds of the island is wild and mostly uninhabited. You’ll enjoy breathtaking views across to the neighbouring islands of Wee Cumbrae, Bute and Arran.

The island’s only town, Millport, nestles in the bays, compact and completely walkable — home to the famous Crocodile Rock, beloved by generations of visitors.

Beyond this delightful little town lies open coastline, sandy and rocky shores, an ancient standing stone in woodland and a stunning 360 view from the island’s high point.





There will be time for you to soak in the retreat experience and enjoy the delights of this beautiful, romantic Scottish island where life is lived with ease and grace. Many people call this island their happy place — I'm so blessed to call it my home!

Rest, reflect, journal and unwind.

Stroll around pretty local shops, crafts and cafes.

Visit the cathedral, museum, town hall and heritage centre.

Explore sandy beaches, beauty spots and wild places.

Invigorate yourself with wild swimming, walking, cycling and kayaking.

A holistic therapy session with Karin at Energise Therapies is included in your retreat. Book your retreat early to secure your preferred time.

Our friends at Mapes, On Your Bike Millport and Cumbrae Soaps & Candles are all happy to offer discounts to retreat guests — just ask.

The Retreat

Five days, starting on the Summer Solstice. An enchanting Scottish island. A gathering of souls drawn to this experience. A unique guide. And all about to unfold.

Arriving on Sunday afternoon after a delightful ferry crossing from Largs, you have time to settle in, rest and take your first wander around this enchanting island. The harbour, beaches and town are all on your doorstep.

We'll begin with our welcome dinner together, then head out for a short outing and opening ceremony at a beautiful place on the island — back at the hotel around 9:45.

Across the next three days we travel through the stages of Life Magic — two morning sessions and an early evening session each day, with plenty of free time to rest and reflect.

Our retreat concludes with our closing dance celebration on Wednesday evening — an embodied, joyful integration of everything we've discovered together.

Thursday morning breakfast is included before you head off — rested, renewed and ready for whatever comes next.

The shape of each day is held lightly, tweaked by my intuitive reading of what the group needs. A clear structure and a lot of space is where the magic lives.

These retreats draw wonderful people — open, warm and ready to connect. Lasting friendships are made here.



Retreat Rhythm

Sunday 21 June

15:00 Check-in open at Pier Hotel

19:30 Welcome dinner, Pier Hotel

20:30 Opening ceremony at a beautiful place on the island

21:45 Return to hotel

FREE TIME

Monday 22 June

8:30-9:30 Breakfast at Pier Hotel

9:45 Gather, Waverley Suite

10:00 Life Magic 1 - Review

11:30 **BREAK**

11:45 Life Magic 2 - Review

13:15 Lunch, Pier Hotel

FREE TIME

17:15 Gather, Waverley Suite

17:30 Life Magic 3 - Re-envision

19:30 Dinner, Pier Hotel

FREE TIME

Tuesday 23 June

8:30-9:30 Breakfast, Pier Hotel

9:45 Gather, Waverley Suite

10:00 Life Magic 4 - Re-Envision

11:30 **BREAK**

11:45 Life Magic 5 - Release

13:15 Lunch, Pier Hotel

FREE TIME

17:15 Gather, Waverley Suite

17:30 Life Magic 6 - Release

19:30 Dinner, Pier Hotel

FREE TIME

Wednesday 24 June

8:30-9:30 Breakfast, Pier Hotel

9:45 Gather, Waverley Suite

10:30 Life Magic 7 - Re-Empower

11:30 **BREAK**

11:45 Life Magic 8 - Re-Empower

13:15 Lunch, Pier Hotel

FREE TIME

17:00 Gather, Waverley Suite

17:15 Life Magic 9 - Closing Ceremony

19:30 Dinner, Pier Hotel

20:30 Dance celebration — music, movement and pure joy!

FREE TIME

Thursday 25 June

8:30-9:30 Breakfast, Pier Hotel

11:00 **CHECK OUT**
Bags may be left at the hotel after check out.

Everything is Taken Care Of

The Pier Hotel's generous hosting, wonderful vibe and gorgeous views make this one of my favourite places.

Vibrant hosts Craig and Charmaine and their friendly team will give you the warmest welcome.

All nine guest rooms are reserved for our group — so you will be with friends from the moment you arrive.

Browse rooms at www.millportpier.com — they vary beautifully. Book early for first pick.

Our retreat space is the Waverley Suite on the first floor — double aspect windows overlooking the pier and the Firth of Clyde, with its own tea and coffee room and private facilities.

Breakfast, lunch and dinner are all included throughout the retreat, served at the hotel.

We will be in touch to ask about your food preferences and dietary requirements — let us know what you like and what you need.

The hotel's restaurant and lounge is open to non-residents too, adding to the friendly atmosphere. Our retreat days are among the quieter times of the week.



Your Journey

Your real journey is the retreat itself — but here's the practical information you'll need to get here. And if you'd like any help planning your travel, just ask.

- The Isle of Cumbrae is a 10-minute ferry crossing from mainland Largs.
- In summer, ferries run every 20 minutes.
- Largs is around 40 minutes by car or taxi from Glasgow airport.
- Hourly trains run from Glasgow Central or Paisley Gilmour Street.
- The Cumbrae ferry terminal is a 5-minute stroll from Largs train station.
- A bus from the ferry landing brings you to the Pier Hotel in around 10 minutes.
- Taxi transfers from Glasgow or Glasgow airport can be arranged.
- There is also a friendly taxi service on the island should you need it.

What's Included

- Life Magic retreat journey with Kay Starr.
- 4 nights en-suite accommodation at the Pier Hotel.
- All meals included throughout your stay.
- A holistic therapy session with Karin at Energise Therapies.
- Opening ceremony on the island's most magical evening of the year.
- Closing dance celebration — music, movement and pure joy!

What Isn't Included

- Travel to Millport, Isle of Cumbrae.
- Personal travel, cancellation and medical insurance.
- Leisure activities including bike hire, additional therapies and island experiences.
- Taxis, laundry or incidental expenses.
- Drinks at the Pier Hotel bar.

FAQ

What experience do I need?

Life Magic is open to all — whether this is your first encounter with meditation and manifestation or you have been exploring these practices for years. The journeys are accessible, enjoyable and expertly guided throughout.

Will there be free time?

Plenty. Each afternoon and Monday and Tuesday evenings are free — to explore the island, rest, reflect, have your treatment with Karin, do some reflective writing, or simply absorb whatever is happening.

Midsummer evenings on Cumbrae are long and extraordinarily beautiful. Once the last ferry has gone, the island settles into a peaceful stillness — deserted beaches, quiet coves and spectacular western sunsets just a short walk from the hotel.

What do I need to bring?

A notebook and pen. Slippers. A cosy wrap. Clothing for variable weather. Comfortable shoes. A water bottle. Swimwear if you fancy a wild swim. Midge repellent. Sun cream. And anything that helps you feel comfortable and relaxed during this special time.

Can I pay in instalments?

Yes — just get in touch. Let's make it work for you.

What are the timings?

Check-in opens on Sunday 21 June. The retreat ends after breakfast on Thursday 25 June.





Book Life Magic Now

£1195

all inclusive

£195 deposit upon booking

PAYMENT PLANS AVAILABLE

Get in touch to discuss options.

Book early and take your pick of rooms.

You'll also have first choice of treatment times with Karin.

There is a better life waiting for you — more fully
expressed, more deeply alive, more joyfully yours
than you have yet imagined.

Come to the Isle of Cumbrae this
Solstice and let's discover Life Magic together.

Kay x

To book or find out more —Let's chat!

Email: kaytvstarr@gmail.com

www.kaystarr.tv

www.facebook.com/KayStarrTV

ONLY NINE
PLACES AVAILABLE.