

# Wellness Retreat Programme

Studley Castle | 3-6 September

Built on three core pillars of rest, restore and renew time spent on this retreat lay the foundations for a deeper understanding of how to integrate wellbeing into daily life.

## Friday 3 September

Time	Studio	Castle Lawn	Evesham Restaurant
15.00 - 15.30			Retreat Welcome
17.30 - 18.30		Vinyassa Yoga with acoustic guitar	
20.00 - 21.45	Gong Bath (live music)		
21.15 - 22.00	Sound Healing Meditation (live music)		

## Saturday 4 September

Time	Studio	Castle Lawn	Evesham Restaurant
07.30 - 08.00	Loving Kindness Meditation	Sunrise Yoga with live music	
08.00 - 08.30	Retreat Welcome		
08.00 - 08.45		Vinyassa Yoga	
08.15 - 09.15		Morning Walk	
09.00 - 09.45	Strength & Conditioning		
10.00 - 10.45	Breath-work	Energy Boosting Meditation	
11.00 - 11.45		LIIT / HIIT	
12.00 - 12.45			Wellness Workshop
14.00 - 14.45		Tai Chi	Wellness Workshop
15.00 - 15.45	Tapping Meditation		
16.00 - 16.45	Face Fit	Pilates	
17.00 - 18.00	Mindfulness	Restorative Yoga	
20.00 - 21.45	Gong Bath (live music)		
21.15 - 22.00	Sound Healing Meditation (live music)		

## Sunday 5 September

Time	Studio	Castle Lawn	Evesham Restaurant
07.30 - 08.00	Finding Peace Meditation	Sunrise Yoga with live music	
08.00 - 08.45		Vinyassa Yoga	
08.15 - 09.15		Morning Walk	
09.00 - 09.45	Yoga for Fitness		
10.00 - 10.45		LIIT / HIIT	
11.00 - 11.45		Pilates	
12.00 - 12.45			Wellness Workshop
14.00 - 14.45	Tapping Meditation		Wellness Workshop
15.00 - 15.45	Face Fit	Qigong	
16.00 - 16.45	Dance Meditation		
17.00 - 18.00	Energy Healing	Restorative Yoga	
20.00 - 21.45	Gong Bath (live music)		
21.15 - 22.00	Sound Healing Meditation (live music)		

## Monday 6 September

Time	Studio	Castle Lawn	Evesham Restaurant
07.30 - 08.00	Energy Boosting Meditation	Sunrise Yoga with live music	
08.00 - 08.30		Heart Opening Meditation	
08.00 - 08.45	Strength & Conditioning		
08.15 - 09.15		Morning Walk	
09.00 - 09.45		Pilates	
10.00 - 11.30		Restorative Yoga with live music	

\*Timings and venues may be subject to change and may be weather dependent.