

Wellness Retreat Programme

Thoresby Hall | 24-27 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 24 September

Time	Spa Area / Indoor Venue	Old House Terrace	Late Lounge
16.00 - 16.30			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 25 September

Time	Spa Area / Indoor Venue	Old House Terrace	Late Lounge
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	Face Fit
10.00 - 10.45	Breath-work	Energy Boosting Meditation	
11.00 - 11.45		LIIT / HIIT	Wellness Workshop
14.00 - 14.45		Tai Chi	Wellness Workshop
15.00 - 15.45		Tapping Meditation	
16.00 - 16.45		Pilates	
17.00 - 18.00		Restorative Yoga	
20.00 - 21.45	Gong Bath (live music)	Mindfulness	
21.15 - 22.00	Sound Healing Meditation (live music)		

Sunday 26 September

Time	Spa Area / Indoor Venue	Old House Terrace	Late Lounge
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	Dance Meditation	Face Fit
10.00 - 10.45		LIIT / HIIT	
11.00 - 11.45		Pilates	Wellness Workshop
14.00 - 14.45		Qigong	Wellness Workshop
15.00 - 15.45		Tapping Meditation	
16.00 - 16.45		Energy Healing	
17.00 - 18.00		Restorative Yoga	
20.00 - 20.45	Gong Bath (live music)		
21.15 - 22.00	Sound Healing Meditation (live music)		

Monday 27 September

Time	Spa Area / Indoor Venue	Old House Terrace	Late Lounge
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.