

# Retreat Schedule of Events

Below is the full Retreat schedule of events, please refer to your personal schedule for your confirmed sessions you are already booked onto.

## Friday 25 February

Time	Riding Hall	Indoor Venue (Spa)	Entertainment venue
15.00 - 15.30	Retreat Welcome		
16.00 - 16.45	Sunset Vinyassa Yoga		
18.15 - 18.45			Retreat Welcome
18.15			
20.00 - 20.45		Gong Bath	
21.15 - 22.00		Sound Healing Meditation	

## Saturday 26 February

Time	Riding Hall	Indoor Venue (Spa)	Outdoor
07.00 - 08.00		Opening Ceremony with sunrise yoga	Sunrise Walking Meditation
08.00 - 08.30		Loving Kindness Meditation	
09.00 - 09.45	Pilates		
11.00 - 11.45	Wellness Workshop - The Dimensions of Wellbeing		
12.00 - 12.45	Breath-work		
14.00 - 14.45	Wellness Workshop - The Science of Sleep & Rest		
15.00 - 15.45	Tapping Meditation		
16.00 - 16.45	Face Fit		
19.30		Gin Tasting*	
20.00 - 20.45		Gin Yoga*	
21.15 - 22.00		Sound Healing Meditation	

## Sunday 27 February

Time	Riding Hall	Indoor Venue (Spa)	Outdoor
07.00 - 08.00		Sunrise Yoga	Sunrise Walking Meditation
08.00 - 08.30		Inner Strength Meditation	
09.00 - 09.45	Qigong		
11.00 - 11.45	Wellness Workshop - The Art of Self Care		
12.00 - 12.45	Mindfulness		
14.00 - 14.45	Wellness Workshop - My Wellness Goals		
15.00 - 15.45	Dance Meditation		
16.00 - 16.45	Sunset Restorative Yoga		
19.45 - 20.45		Closing Ceremony with Gong Bath	
21.15 - 22.00		Sound Healing Meditation	

## Monday 28 February

Time	Spa Area / Indoor Venue	Entertainment venue	Outdoor
07.00 - 08.15	Sunrise Yoga		
08.15 - 8.45	Energy Healing		

### Hints & Tips – Things to do outside of the schedule

- Swimming Pool & Gym
- Take a walk in the stunning grounds
- Book a spa treatment
- Relax in our beautiful lounges with a good book
- Enjoy an activity – full details are in the entertainments guide

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