



GOODWOOD  
HEALTH & WELLBEING

ACTIVE LONGEVITY RETREAT

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## The Active Longevity Retreat

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THIS PROGRAMME FOLLOWS ON FROM OUR GUT HEALTH PROGRAMME, DESIGNED FOR GRADUATES READY TO FOCUS ON LONGEVITY AND PRO-AGEING.

As we begin the journey of habit change and how to live a full, vibrant life, we eliminate the concept that growing older means ageing. Rooted in the profound connection between gut health and longevity, this five-day wellness retreat is designed to maximise your healthy years and embrace pro-ageing as a conscious journey towards revitalisation.



## About the retreat

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THE RETREAT EXPLORES THE ROLE OF MITOCHONDRIA, STRESS MANAGEMENT, THE POWER OF CONNECTION AND THE IMPORTANCE OF STAYING ACTIVE.

As well as many workshops including a cookery session, along with holistic practices such as yoga and sound bathing and walks in nature around the Goodwood Estate.

This course focuses on the latest science behind increasing your health span as well as your lifespan. It is about the life in your years, not just the years of your life. This multidisciplinary approach is filled with practical strategies and lifestyle modifications to optimise vitality and resilience.



## The Pillars of Longevity and Vitality

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### OPTIMAL NUTRITION

Balancing optimal nutrition with mindful indulgence

### DETOXIFICATION AND 'INFLAMMAGING'

Supporting your detoxification processes by showing how chronic inflammation damages the body

### CONNECTION AND PURPOSE

The science of connection and establishing a sense of purpose

### PHYSICAL WELLBEING

Being active, building strength and fitness for lifelong health and moving with purpose

### REST AND RECOVERY

Establishing good sleep patterns and the importance of rest and recovery



### Stephanie Moore

The Goodwood Health Programme, including this Level Two retreat, has been designed in collaboration with Stephanie Moore, a gut health specialist, author and in-demand private nutritionist. Stephanie began her career in the integrated health arena in 1991 dedicating her studies to discover what creates vibrant health and wellbeing. She now has a wealth of experience in training and specialities including physical therapy such as massage and anatomy. Stephanie is also a personal fitness trainer.

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### Amy Murphy-Watts

Amy Murphy-Watts is the founder of Nature's Wish, a flower essence and wellbeing company. As an advanced flower essence practitioner, she calls upon her 20 years of experience in this field, working with nature and its benefits. She is a Reiki Master, spiritual healer, professional dowser and one-to-one consulting, using dowsing to detect energies and work with essences. As an experienced speaker, Amy shares ways in which working with energy and nature enriches your life.

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### Dr. Sam Watts MCMA, Dip.Ayu, MSc, BSc (Hons) PhD

Dr. Sam is the lead Ayurvedic consultant and founder of Mind Body Medical. Following his years of working in cancer research at the Department of Primary Care at the University of Southampton, where he completed his PhD, Dr. Sam turned his focus onto his passion for helping patients suffering from chronic illnesses to regain their health.



## Included In Your Stay

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INCLUDED IN YOUR STAY IS THE FULL PROGRAMME  
RETREAT, INCLUDING TALKS, WORKSHOPS,  
MOVEMENT SESSIONS AND SPECIALIST  
TREATMENTS, ALONGSIDE A FULL MENU AND  
ACCOMMODATION AT GOODWOOD HOTEL.

The maximum number of participants is 12 and  
the cost is £2,600 per person based on single  
occupancy in a Signature Room.

Daily group talks and workshops

Guided walk, sound bathing,  
yoga and movement sessions

Cookery demo workshop

Private nutritional consultation

Personal analysis – body composition,  
facial scanner (optional)

Abdominal massages and castor oil therapies

Epsom Salt baths, body brushing  
treatment and tutorial

Your choice of a specialist treatment  
to support your journey

Five nights in a Signature Room at  
The Goodwood Hotel

Tote bag with body brush, water bottle  
and notebook

All food and drink, including supplements  
and digestive bitters

Post-programme check-in with  
your nutritionist



# Sample Schedule

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## Sunday

- 13:30 Arrival Body Composition
- 16:45 Programme Orientation, The Hub
- 17:00 Welcome Talk, The Hub
- 18:05 Welcome Dinner, Farmer Butcher Chef
- 19:15 Gong Sound Bath, The Hub

## Monday

- 07:30 Breakfast, Farmer Butcher Chef
- 09:00 Abdominal Massage
- 11:00 Talk, Longevity and The Gut, The Hub
- 12:00 Hosted Lunch, Farmer Butcher Chef
- 13:30 Estate Walk
- 15:00 Specialist Treatment / 1:1 Nutritional Consultation
- 18:15 Dinner, Farmer Butcher Chef

## Tuesday

- 07:30 Guided Estate Walk, Health Club Reception
- 09:00 Prescription Facial
- 11:00 Movement and Longevity Session, The Hub
- 12:00 Hosted Lunch, Farmer Butcher Chef
- 13:30 1:1 Nutritional Consultation
- 17:00 Talk, Ayurvedic Understanding of Health Promotion, Longevity Optimisation and Disease Prevention
- 18:00 Nourishing Broth Supper, The Hub
- 19:00 Meditation and Grounding Session

## Wednesday

- 07:30 Breakfast, Farmer Butcher Chef
- 09:00 Castor Oil Compress
- 11:00 Talk, Science of Connection and Health
- 12:00 Lunch, Farmer Butcher Chef
- 13:00 Specialist Treatment
- 17:00 Cookery Demo, Healthy Chocolate Treats
- 18:30 Dinner, Farmer Butcher Chef

## Thursday

- 07:30 Estate Walk, Health Club Reception
- 09:00 Abdominal Massage
- 12:00 Hosted Lunch, Farmer Butcher Chef
- 13:00 Specialist Treatment
- 15:15 Digestive Yoga, The Hub
- 18:00 Nourishing Broth Supper, The Hub
- 19:15 Nature for Health Talk, The Hub

## Friday

- 07:30 Breakfast, Farmer Butcher Chef
- 08:45 Departure Body Composition



## Curate Your Experience

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DEPENDING ON YOUR PERSONAL WELLBEING GOALS, YOU CAN INCORPORATE ADDITIONAL HEALTH TESTING, AS WELL AS A RANGE OF ACTIVITIES OR RELAXING INDULGENCES, FOR A GENUINELY BESPOKE EXPERIENCE.

Speak to us about arranging a pre-arrival blood test designed in partnership with Randox Health. The Goodwood Panel contains 31 markers linked to key health areas such as liver and kidney function, nutrition, metabolic status and inflammation (*additional cost*). Find out more about the Goodwood Panel [here](#).

Private personal training sessions to 'Wellbeing Directory' services available on request (*additional cost*). Find out more about our Wellbeing Directory [here](#).

Health & Wellbeing treatments available on request (*additional cost*). View our list of treatments [here](#).

You're also welcome to enjoy full use of the Goodwood Health Club, gym, classes and swimming pool. Our class timetable is updated regularly and can be viewed [here](#).



## Extend Your Stay

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YOU ARE WELCOME TO EXTEND YOUR STAY AT THE GOODWOOD HOTEL, CONTINUING YOUR WELLBEING JOURNEY WITH THE GUT-FRIENDLY MEALS AVAILABLE ACROSS THE ESTATE'S RESTAURANTS, REJUVENATING SPA TREATMENTS AT THE HEALTH CLUB AND 11,000 ACRES OF RURAL WALKS AND BEAUTIFUL VISTAS TO EXPLORE.

You can even purchase specialist gut-healthy foods from the Goodwood Farm Shop to support your new habits at home, such as our Goodwood Kefir, Kombucha, Sauerkraut and our selection of organic meats, which are reared yards from the shop itself.



## The Food

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NUTRITIOUS AND DELICIOUS FOOD  
OF THE HIGHEST QUALITY

Our skillfully designed gut-healthy menus draw on Goodwood's farm-to-fork philosophy and organic farming principles, using the highest quality of sustainably sourced produce.

# Sample Menu

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## BREAKFAST

Bitter and probiotics  
Range of herbal teas

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*Please choose one...*

### FUL MEDAMES

Poached free-range eggs

### SCRAMBLED FREE RANGE EGGS

Button mushrooms, chives

### ROASTED PLUMS

Orange and cashew crunch

### SPRING ONION AND PARSLEY OMELETTE

Red peppers, chilli

### SPICED CHIA

Pear and macadamia



## LUNCH

Bitters and probiotics  
Fermented curtido

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### ACIDULATED BEETROOT AND HORSERADISH SOUP

Kefir, toasted pumpkin seed

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*Please choose one...*

### SADDLE OF SOUTHDOWN LAMB

Pea, mint and hay-baked turnip

### LEMON SOLE

Confit fennel, courgette,  
Devonshire crab butter

*All served with a side of greens,  
kale, turnip and cashew*



## DINNER

*Please choose one...*

### MAPLE ROASTED PARSNIP SOUP

### CURED CHALK STREAM TROUT

Seaweed emulsion, radish, sea herbs

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### OYSTER MARINATED FLAT IRON STEAK

Roasted cauliflower puree, spiced lentils,  
marrow shaft

### LINE CAUGHT SARDINES

Sweet potato, chick pea

*All served with a side of  
seasonal vegetables*



To find out retreat dates and to book,  
please visit [goodwood.com](http://goodwood.com)

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