



Sample Schedule Active Longevity Retreat

Sunday	4:00: PM	Arrival Body Composition
	5:30: PM	Welcome Talk - The Hub
	6:00: PM	Welcome Dinner - Farmer Butcher Chef
	7:15: PM	Vagus Nerve Sound Bath with Gong - The Oaks Studio
Monday	7:00 - 9:00: AM	Breakfast - Farmer Butcher Chef
	11:45: AM	Talk - The Hub
	1:00: PM	Hosted Lunch - Farmer Butcher Chef
	3:15: PM	Specialist Treatment
	6:15: PM	Dinner - Farmer Butcher Chef
Tuesday	8:00: AM	Digestive Yoga - The Hub
	9:00: AM	Body Brushing
	9:30: AM	Abdominal Massage
	10:10: AM	Castor Oil Compress
	11:45: AM	Movement & Longevity Workshop
	1:00: PM	Hosted Lunch - Farmer Butcher Chef
	5:00: PM	Talk - The Hub
	6:15: PM	Nourishing Broth Supper - The Hub
	7:15: PM	Group Meditation
Wednesday	8:00: PM	Epsom Salts Bath - Hotel Bedroom
	7:00 - 9:00: AM	Breakfast - Farmer Butcher Chef
	10:00: AM	Metal Longevity Facial & Castor Oil Compress
	11:45: AM	Talk - The Hub
	1:00: PM	Hosted Lunch - Farmer Butcher Chef
	5:00: PM	Talk - The Hub
	6:15: PM	Dinner - Farmer Butcher Chef
Thursday	7:30: AM	Estate Walk - The Hub
	10:15: AM	Abdominal Massage
	11:45: AM	Talk - The Hub
	1:00: PM	Hosted Lunch - Farmer Butcher Chef
	2:15: PM	Nutritional Consultation
	3:30: PM	Coco Balls Workshop - The Cedar Kitchen
	6:15: PM	Nourishing Broth Supper - The Hub
	7:45: PM	Sound Bath - The Oaks Studio
	8:00: PM	Epsom Salts Bath - Hotel Bedroom
Friday	7:00 - 9:00: AM	Breakfast - Farmer Butcher Chef
	9:15: AM	Weigh Out (optional)

The programme hub is a comfortable place for you to wait for the therapist or practitioner to collect you for your treatment or consultation. Please arrive in the hub a few minutes before your appointment time. We advise that you dress in casual, comfortable clothing so that you can enjoy the relaxed atmosphere but are ready to attend your treatments and appointments on time. This will prevent any delays and ensure that there is no reduction in your treatment time. Additional bookings may not be cancelled, or if they are cancelled within 48 hours of the date, they are due to be provided the full amount is due.

We will endeavour to avoid making any changes to your treatment times during your stay, however, times may be subject to change in the event of unforeseen circumstances. In preparation for your treatments please leave any valuables safely in your room.

If you would like to use our Spa facilities during your stay, please check in at the Health Club reception. The gym, swimming pool, sauna, steam room and spa pool are available throughout your stay with us. If you would like to avoid busier times, please note we have Aqua classes taking place in the pool on a Tuesday and Thursday morning at 09:45 and 11:00 and on a Wednesday morning at 10:00. These classes run for 45 minutes. Adult only swimming times are before 12pm and after 6pm.