GOODWOOD
HEALTH & WELLBEING

Sample Schedule
Mood Food Retreat

Sunday

2:00: PM	Programme Orientation - The Hub
2:30: PM	Welcome Talk - The Hub
3:30 PM	Treatments
6:15: PM	Welcome Dinner - Farmer Butcher Chef
7:30: PM	Vagal Tone Sound Experience

Monday

7:00 - 9:00: AM	Breakfast - Farmer Butcher Chef
9:00: AM	Treatments & Consultations
11:45: AM	Talk - The Hub
1:00: PM	Hosted Lunch - Farmer Butcher Chef
2:15: PM	Estate Walk
3:15: PM	Treatments & Consultations
6:30: PM	Nourishing Broth Supper - The Hub

Tuesday

7:00: AM	Estate Walk
8:00: AM	Breakfast - Farmer Butcher Chef
9:00: AM	Treatments & Consultations
11:45: AM	Talk - The Hub
1:00: PM	Hosted Lunch - Farmer Butcher Chef
3:15: PM	Treatments & Consultations
6:30: PM	Dinner - Farmer Butcher Chef
7:30: PM	EFT Tapping Session

Wednesday

7:00 - 9:00: AM	Breakfast - Farmer Butcher Chef
9:00: AM	Treatments & Consultations
11:45: AM	Talk - The Hub
1:00: PM	Hosted Lunch - Farmer Butcher Chef
2:45: PM	Optional Check Out
	If continuing onto Art & Ice Retreat
3:30: PM	Treatments
5:45: PM	Estate Walk
6:45: PM	Nourishing Broth Supper - The Hub

Thursday

7:00 - 9:00: AM	Breakfast - Farmer Butcher Chef
9:30: AM	Wim Hof Experience
1:00: PM	Hosted Lunch - Farmer Butcher Chef
2:30 - 4:30: PM	Wim Hof Experience
6:15: PM	Dinner - Farmer Butcher Chef
7:15: PM	Sound Bath

Friday

7:00 - 9:00: AM	Breakfast - Farmer Butcher Chef
9:30: AM	Art Foundation
12:15: PM	Lunch at Café 24
1:30: PM onwards	Check out

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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.