

Sunday 13th November

4:30: PM Arrival Body Composition  
 5:00: PM Programme Orientation - The Hub  
 5:30: PM Welcome Talk - The Hub - Julie Stokes & Kate Fismer  
 6:15: PM Welcome Dinner - Farmer Butcher Chef - Julie Stokes

Monday 14th November

From 7:00: AM Breakfast - Farmer Butcher Chef  
 10:00: AM Executive Coaching - 90 minutes - Julie Stokes  
 11:45: AM Talk - The Hub - Stephanie Moore  
 1:00: PM Hosted Lunch - Farmer Butcher Chef - Stephanie Moore  
 6:15: PM Dinner - Farmer Butcher Chef

Tuesday 15th November

7:00: AM Sunrise Walk - Health Club Reception  
 9:00: AM Body Brushing  
 9:25: AM Castor Oil Compress  
 10:20: AM Abdominal Massage  
 11:45: AM Talk/Workshop - The Hub - Kate Fismer  
 1:00: PM Hosted Lunch - Farmer Butcher Chef - Kate Fismer  
 2:15: PM Five Element Aroma Massage  
 4:00: PM Resilience Consultation – 90 minutes – Kate Fismer  
 6:15: PM Nourishing Broth Supper - The Hub  
 7:00: PM Fireside Chat - The Hub - Julie Stokes

Wednesday 16th November

From 7:00: AM Breakfast - Farmer Butcher Chef  
 8:15: AM Executive Coaching - 60 minutes - Julie Stokes  
 10:15: AM Cranial Osteopathy  
 1:00: PM Lunch - Farmer Butcher Chef  
 3:30: PM Nutritional Consultation - 60 minutes - Pippa Mitchell  
 5:30: PM Talk - The Hub – Guest speaker  
 6:30: PM Hosted Dinner - Farmer Butcher Chef – Guest speaker

Thursday 17th November

7:00: AM Sunrise Walk - Health Club Reception  
 9:00: AM Castor Oil Compress  
 9:55: AM Abdominal Massage  
 11:45: AM Talk - The Hub - Stephanie Moore  
 1:00: PM Hosted Lunch - Farmer Butcher Chef - Stephanie Moore  
 4:00: PM Resilience Consultation - 60 minutes - Kate Fismer  
 5:15: PM Sleep Talk - The Hub - Stephanie Moore  
 6:15: PM Nourishing Broth Supper - The Hub  
 7:15: PM Sound Bath - The Hub

Friday 18th November

From 7:00: AM Breakfast - Farmer Butcher Chef  
 8:30: AM Departure Body Composition  
 11:00: AM Departure Talk - The Hub - Julie Stokes  
 12:00: PM Hosted Lunch - Farmer Butcher Chef - Julie Stokes