

Wellbeing Retreat

Itinerary

Friday 25th – Sunday 27th January 2019

This weekend offers a mix of down-to-earth nutrition and mindfulness sessions to nourish the body and the mind, along with fantastic food and holistic therapies. Come home feeling refreshed and equipped with practical ways of introducing the techniques you've learnt into your life

Friday

3.00pm onwards - **Arrivals**. Settle into your room and then join us in the sitting room for tea and treats by the fire.

6.15pm. **Introduction and welcome** by Clare along with an outline of the content of the weekend.

6.30pm – 7.30pm - **Letting Go**

Welcome to the first session of the weekend with Bridget. This will give you the opportunity to switch off, unwind and leave behind all the stresses of the week. A brief and gentle introduction to mindfulness along with some calming meditation exercises to place you firmly in retreat mode.

7.30pm - **Botanical Cocktails Followed by a 3 course Dinner**.

Saturday

8.30am – 9.15am - **Breakfast**

9.15am – 10.15am – **Eating Mindfully**

Eating mindfully improves digestion, regulates appetite and helps us enjoy our food more. Mindful eating just means being fully present when we eat — from noticing when you're hungry to choosing what to eat, preparing, eating and digesting. We will do some practical mindful eating exercises and learn skills to take home. These will bring awareness to your relationship with food enabling you to relish it.

Pause – Comfort break

10.30am - 11.30am - **Eating for Energy**

Do you suffer from mid-afternoon slumps? Are you permanently exhausted? Would you like to do more exercise but can't summon up the energy? We discuss ways of eating to support your energy levels and what might be undermining your good intentions.

Pause - With energy balls and bars, drinks, coffee and tea

11.45am - 12.45pm - **Easy Eating Workshop**

This session is a hands-on food preparation workshop with Suzanne and Clare. Whilst we all make lunch together, we discuss practical ways of making everyday food more interesting and more nutritious.

1.00pm – 2.00pm - **Lunch**

2.00 pm onwards you have options:

Q&A Session with Clare in the sitting room. This gives you the opportunity to ask Clare any nutritional-related questions that interest you.

A Walk with a Difference with Bridget (1 hour) Most of us take walking for granted and stride through our lives on autopilot, with our minds full of thoughts, plans and memories. Even when we're in a beautiful setting, we often forget to notice our surroundings and to experience and relish life as actually is. So, weather permitting, we'll go for a walk with a difference. It won't be too strenuous and the practice is simple, but it just might make us remember and appreciate the simple joy of putting one foot in front of the other (as well as walking off our delicious lunch!).

6.30pm - **Botanical Cocktails followed by a 3 course Dinner**

9.00pm – 9.30pm **Bedtime Body Scan with Bridget**

To round off the day Bridget will lead a 30 minute, nurturing body scan meditation. By focusing closely on what's happening in different parts of the body we can reconnect with it and start to (re)learn how to love it a little bit more and to take better care of ourselves. You also get to lie down and unwind before bed!

Sunday

8.00am – 8.30am - **Waking up the Body with Bridget**

It's as natural for the body to move as it is to breathe. Meditation and mindfulness often focuses on stillness, and the stereotypical image of someone meditating has them sitting crossed legged, eyes closed, preferably on a mountaintop or staring out to sea. However, a great way of cultivating mindfulness is through movement of the body. We'll do some gentle but enlivening mindful exercises based on yoga and qigong to wake us up and work up an appetite for the day ahead.

9.00am - **Breakfast**

10.00am – 11.00am - **Do I Need to Detox? with Clare**

It is January and, after the excesses of the festive season, the media is full of articles on detoxing, but is this approach sensible? Should we be detoxing, or is it all just media hype? Clare runs a session discussing this topic.

Pause - With energy balls and bars, drinks, coffee and tea

11.15am – 12.15pm - **Healthy Eating in the Real World with Clare**

It is all very well sitting comfortably in a lovely retreat space, away from our everyday lives, but how can we translate all the good advice from the weekend into practical solutions that we can use at home? This is an interactive workshop where we collaborate to put together strategies that work for each of us individually.

12.15pm – 1.00pm - **Lunch Workshop with Clare and Suzanne**

1.00pm - **Lunch**

3.00pm - Our weekend ends and guests depart.

Treatments

You can book Holistic treatments with Kate prior to arrival - katehayes20@btinternet.com

Afternoon treatments are available from 2.00pm – 6.30pm Friday and Saturday and up to 5.00pm on Sunday.

Early morning treatments are available from 8.00am on Saturday until 9.15am