



YOGA & SPA *day retreat*

9.30am Arrival at Moddershall Oaks, check in to MADE Wellness Centre

9.45am Settle in with a hot drink and nourishing breakfast

10.15am Start your retreat day with a calming wellness talk

10.45am Let us guide you through a mindful meditation to relax the body and reduce stress

11.15am Work through a Gentle Flow Yoga practice, targeting your deep connective tissues at a slow, relaxing pace

12.30pm Enjoy an energising lunch at MADE

1pm Head to the spa and enjoy an afternoon in the indoor & outdoor spa facilities

5pm Check out of the spa after a day of selfcare feeling relaxed and rejuvenated

