



OVERNIGHT
enlightening yoga
SPA BREAK

SUNDAY 9TH JUNE // SUNDAY 15TH SEPTEMBER



YOUR *itinerary*

sunday

3PM ARRIVAL AND CHECK-IN

4PM-5PM HATHA YOGA CLASS

5PM-6.30PM FREE TIME TO USE THE SPA

6.30PM TWO COURSE DINNER IN THE OAK HOUSE RESTAURANT

8PM CANDLELIT RESTORATIVE YOGA

9PM ENJOY A HERBAL TEA & SNACK BEFORE RETIRING TO YOUR COSY SUITE

monday

8.30AM-9.45AM FRESHLY COOKED BREAKFAST IN THE OAK HOUSE RESTAURANT

10.15AM-11AM FOREST BATHING WITHIN THE ONSITE PRIVATE WOODLANDS

(PLEASE REMEMBER TO BRING WELLIES OR WALKING SHOES AND APPROPRIATE CLOTHING, AS THE WOODLAND CAN BE MUDDY IN SOME PARTS)

11AM-12PM MORNING FLOW YOGA BY THE LAKE

(WEATHER DEPENDANT - IF POOR WEATHER, THE CLASS WILL TAKE PLACE IN THE MADE STUDIO)

12PM-4.30PM FREE TIME IN THE SPA

12PM-4.30PM 50-MINUITE ENLIGHTEN TREATMENT

