



SUNDAY *wellness reset*

4.40pm

Arrival at Moddershall Oaks,
check in to MADE Wellness Centre

4.45pm

Settle in with a welcome smoothie
at MADE Café

5pm

Guided chakra meditation with singing bowls
followed by gentle flow yoga

6pm

Head to the spa and enjoy an evening in the
indoor & outdoor spa facilities

6pm - 8:30pm

Enjoy a deli board and hot drink of choice

9.30pm

Check out of the spa after an evening of
selfcare feeling relaxed and rejuvenated