

## PROGRAMME OF EVENTS

# Recharge and Relax Week

Monday 27<sup>th</sup> February to Sunday 4<sup>th</sup> March 2012

*A week designed to offer the ultimate relaxation for the mind, body and soul. Enjoy plenty of self indulgent 'me' time, allowing you to switch off and forget about the world outside.*

### Sunday 26<sup>th</sup> February

#### 8.45pm – Studio Two Elemis Talk

Body soothing is about slowing down the pace at the end of the day, taking time to nourish the body and de-stress the mind. Relaxation is key.

### Monday 27<sup>th</sup> February

#### 10.05 – 10.55am – Studio Two Crystal Workshop with Sarah Hardy

The history of crystal therapy. Learn how to choose the right crystal for you, how to cleanse and programme it. Learn how different crystals can benefit you. You'll be taken through a guided crystal meditation and a simple chakra balance.



#### 2.05 – 2.30pm – Studio Two Relax & Unwind Class

With such hectic lifestyles, often some quality relaxation time is needed. Within this class, you can lie back and have one of our instructors talk you through simple techniques to unwind body and mind.

#### 4.05pm – 5.00pm - Studio One Qi Gong Class with Jon Jarvis

A static exercise class using standing or seated positions. This form of advanced Tai Chi can be enjoyed by all abilities and fitness levels from beginners to advanced. The class involves both meditation for calming, postures for strength and improved energy through muscles. A class that raises energy, not your blood pressure.



#### 8.45pm – Studio Two Meditation Workshop with Michael Smith

Meditation is an ancient practice dating back many thousands of years. It has been proven to reduce the effects of stress, increase concentration and focus, as well as having positive effects on the immune system. It also enhances a feeling of contentment and induces a sense of calm and space allowing us to make intelligent and well-conceived actions, rather than simply 'reacting' through our habituation. Join Michael Smith and hear how meditation can help you to relax and be of great benefit in your life.



### Tuesday 28<sup>th</sup> February

#### 12.30 – 1.00pm Candle Pool Meditation

Guided candle lit meditation in the Candle Pool. Harnessing the calming energy of this unique pool, the guided session will help you achieve an enhanced state of relaxation. The restful ambience, coupled with the soothing voice of our meditation guide will lull even a beginner into a beautiful trance-like state.

Limited spaces – please book via the Gym on extension 318

#### 4.05 – 5.00pm – Studio Two Relax & Unwind Class

With such hectic lifestyles, often some quality relaxation time is needed. Within this class you can lie back and have one of our instructors talk you through simple techniques to unwind body and mind.

#### 8.45pm – Studio Two How to recharge and relax using colour with Jenifer Taylor

Colour Therapy is one of the oldest healing therapies still used today. It aims to enhance and balance your body's energy centres called chakras. We have seven chakras in our body and seven colours relating to each of them. Find out which colours will help to recharge you and which will help to relax you. Jennifer will guide you through how to use them in your everyday life and the meanings of these colours.



### Wednesday 29<sup>th</sup> February

#### 2.05 – 2.30pm – Studio Two Introduction to Meditation

Simple and effective techniques for anyone to learn and benefit from.



#### 4.05 – 5.00pm - Studio One Guided Meditation with Les Kendrick

This meditation session will appraise you of various positions for meditation and take you from the valley to the mountain tops, to ride the clouds, before turning to the plains of earth.

#### 8.45pm – Studio Two Elemis Skin Demonstration

Body soothing is about slowing down the pace at the end of the day, taking time to nourish the body and de-stress the mind. Relaxation is key.



### Thursday 1<sup>st</sup> March

#### 12.30 – 1.00pm Candle Pool Meditation

Guided candle lit meditation in the Candle Pool. Harnessing the calming energy of this unique pool, the guided session will help you achieve an enhanced state of relaxation. The restful ambience, coupled with the soothing voice of our meditation guide will lull even a beginner into a beautiful trance-like state.

Limited spaces – please book via the Gym on extension 318



#### 4.05 – 4.45pm – Studio Two Relax & Unwind Class

With such hectic lifestyles, often some quality relaxation time is needed. Within this class you can lie back and have one of our instructors talk you through simple techniques to unwind body and mind.

**8.45pm – Studio Two**  
**How to Relieve Stress & Sleeplessness with Dr Heli Ots**

During this talk, find out what stress is and how it changes our body chemistry, how a good night's sleep helps to alleviate stress and which vitamins, minerals and herbs may help. Heli will also be offering techniques in self hypnosis to relieve stress and how they can also help you to get some sleep.



**Friday 2<sup>nd</sup> March**

**2.05 – 2.30pm – Studio Two**  
**Introduction to Meditation**

Simple and effective techniques for anyone to learn and benefit from.



**3.05 – 4.30pm - Studio One**  
**Hatha Yoga with Danny Allman**

Traditional Hatha Yoga sets you on a holistic yogic path, which includes moral disciplines and physical exercises. Instructing you through a sequence of postures that work muscles in every direction. Stretching and contracting in almost equal measure, balancing the mind by working opposing energies, it aims to release your full potential as a human being.

**8.45pm – Studio Two**  
**Elemis Skin Demonstration**

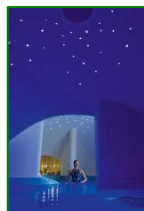
Body soothing is about slowing down the pace at the end of the day, taking time to nourish the body and de-stress the mind. Relaxation is key.

**Elemis**

**Saturday 3<sup>rd</sup> March**

**12.30 – 1.00pm Candle Pool Meditation**

Guided candle lit meditation in the Candle Pool. Harnessing the calming energy of this unique pool, the guided session will help you achieve an enhanced state of relaxation. The restful ambience, coupled with the soothing voice of our meditation guide will lull even a beginner into a beautiful trance-like state.



Limited spaces – please book via the Gym on extension 318

**8.45pm – Studio Two**  
**Holistic Harmony with Adrian Hunt**

Fed up with what life throws at you? Ever get run down, anxious or worn out? Do you get fatigued or exhausted and have trouble falling asleep or resting properly?



Tonight Adrian will be demonstrating some practical self help methods taken from Reiki, Reflexology and massage to balance and harmonise.

So come and help calm the mind, relax the body and improve sleep patterns and throw back what life throws at you!

**Sunday 4<sup>th</sup> March**

**12.05 – 12.30 Studio Two**  
**Introduction to Meditation**

Simple and effective techniques for anyone to learn and benefit from



*Available all week*

**Taster Treatments in the Beauty Shop**

- **The Quartz Radiant Anti-Ageing Facial**
- **Pro Intense Anti ageing Eye Treatment**
- **Skin Nourishing Foot and Leg Ritual**
- **Pro Radiance Hand and Arm Treatment**

All have a £20 booking fee redeemable against the purchase of two or more Elemis products. (25 minutes treatment time).

**Special Offer**

Buy two or more Elemis products and receive a free Facial Detox gift worth £29 with our compliments, buy three or more products and receive the gift plus a choice of **full size shower gels** worth £18.



**Salon Treatment Offers**

15% off when you book two or more of the following treatments\*:

- Body Balancing
- Shiatsu
- Reiki
- La Stone
- Crystal Therapy
- Chakra Silks
- Body Balancing
- Chakra Guidance
- Reflexology
- Acupuncture
- Hypnosis
- Tranquillity Massage



\*Per person

Please call extension 5250 or visit the Treatments reception to make your booking.

**Elemis Treatment Offer**

Book two specialised Elemis treatments and receive the delightful Bathing Treasures Set worth £35



Discover the power and beauty of Elemis with our exclusive treatment offer using skincare that is led by science and defined by nature. Begin your Elemis journey here by choosing two of the following treatments:

- Elemis Pro Collagen Quartz Lift Facial
- Elemis Tri Enzyme Resurfacing Facial
- Elemis Visible Brilliance Facial
- Elemis Sole Delight
- Elemis Nurturing Massage for Mother To Be
- Elemis Body Bliss Massage
- Elemis Deep Tissue Massage
- Elemis Beyond Bliss
- Elemis Absolute Spa Ritual
- Elemis Cellutox AromaSpa Ocean Wrap

NB: Two treatments per person must be booked, full details are available on our website [www.ragdalehall.co.uk](http://www.ragdalehall.co.uk)

*Please note services and treatments are subject to change or withdrawal without prior notice*