



INNER HEALTH

October to December



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INTRODUCTION

As we approach the final chapter of the year and nature calls us inside, you are invited to respond by looking inwards and paying attention to both mind and body.

The autumn–winter season brings with it shorter days and longer nights, encouraging you to recharge your batteries and sleep. And later, as the festive season reaches its peak, there are ample opportunities for celebrating and spending time with loved ones.

Reaching optimum inner health requires balancing every aspect of your wellbeing – from gut health and skin health to sleep and socialising – throughout the entirety of the season. To guide you on this path, we've curated a series of talks, workshops, classes and treatments focused on creativity, celebration, sound healing skincare and more.



IN CONVERSATION WITH

Talks with both our in house and specialist practitioners helping
guide you through the seasons.

Strong to the Bone with Dean Hodgkin

15th October, 12th November, 10th December | 3:45pm | Heart Studio

Join our award-winning fitness expert, Dean Hodgkin, as he shares insights on maintaining healthy bones and offers practical tips to help you strengthen both your body and mind.

All Things Menopause with Dr. Katie Cowie

19th October | 10:30am | Main Lounge | £28

Join us for an educational session with Dr. Katie Cowie, Founder of The Women's Health GP, a specialist clinic in the East Midlands.

Dr. Cowie will share her expertise on menopause, drawing from her Advanced Certification with the British Menopause Society and her experience at one of the world's largest menopause clinics.

Vitamins and Minerals with Dr. Heli Goode

9th and 23rd October | 4:45pm | Main Lounge | £15 per person

Join Dr. Heli for a talk on boosting immunity and balancing mind and body naturally.

Learn how to nourish your body, correct vitamin and mineral imbalances, and discover key nutrients to enhance energy and strengthen your immune system. Enjoy a cup of wellness tea and explore practical tips for thriving all year round.





FITNESS CLASSES AND WORKSHOPS

With a new season comes a new set of experiences curated to enhance your time here at Ragdale Hall Spa.

Strength Training for Menopause

Every Wednesday and Saturday throughout October to December | Soul Studio

Tackling the physical changes associated with menopause through targeted strength training exercises. This class focuses on rejuvenating muscle, improving bone density, enhancing metabolism and promoting overall wellbeing in a supportive and empowering environment.

Back Care Workshop 'Back on Track'

10th October, 21st November, 19th December | 3:45pm | Heart Studio

Join us in this practical back care class to learn more about posture, core strength and why they are essential in helping you to take proactive steps towards a healthier, stronger, and pain-free spine.

Yoga for Menopause

10th, 17th, 24th and 31st October | 12:00pm | Soul Studio | £10 per person

Designed to support women navigating the transitional phase of life, this class integrates gentle yoga postures, breathwork and relaxation techniques to help to alleviate common menopausal symptoms such as hot flushes, mood swings, insomnia, and fatigue.



Metabolic Conditioning

*12th, 19th & 26th October, 9th, 16th, 23rd & 30th November and
7th, 14th, 21st December | 8:45am | Heart Studio*

This ultimate calorie-burning workout is designed to improve the body's energy pathways by challenging the cardiorespiratory system and multiple muscle groups.

Breathwork

4th, 11th, 18th December | 1:45pm | Soul Studio | £10 per person

A guided session using breathing techniques to reduce stress, boost energy, and enhance relaxation, promoting overall wellbeing through visualisations and affirmations.

Wreath Making

28th November | Green House | £45 per person

Create your own Christmas Wreath, full of festive decorations and seasonal foliage while being guided by our talented Florist.

Voice Meditation

6th, 13th & 20th November | 1:45pm | Soul Studio | £10 per person

Using the power of vocalisation to enhance mindfulness, this class combines chanting, toning and guided vocal exercises, to help you explore the vibrational qualities of your voice and achieve a deep state of relaxation.

Festive Wine Tasting

Thursday 5th December | 2.00pm- 3.00pm, 3.00pm - 4.00pm | *Twilight Bar* |
£15 per person

Join us in the Twilight Bar for a festive wine tasting session with Tim Campbell Gunn, the perfect way to get into the Christmas spirit. Discover new favourites and stock up for Christmas, whether you're hosting or gifting, you'll find the perfect bottle.

Winter Solstice Experience

19th December | 3:00pm | Soul Studio | £15 per person

We invite you on a journey that nourishes the spirit and awakens the soul. Together, we'll harness the energy of the Winter Solstice to reflect on our journeys so far and contemplate the intentions we wish to cultivate for spring. The rhythmic beat of the tongue drum guides you inward, inviting you to explore the depths of your being, where the fire of wisdom resides.

Self Reflexology

2nd December | 2.00pm | Soul Studio | £15 per person

Winter is a time to retreat, slow down, to take stock and reflect on the year just gone. A lot of people use this time to look forward but it's also the perfect time to look back on our achievements before we go into the New Year. This session will focus on reflex points such as the head, sinuses, neck, shoulder, diaphragm, liver, uterus and ovaries, beneficial as these are areas that can feel stagnant and sluggish, or overactive at this time of year. What we can do for ourselves to not only manage but to thrive during the winter season is so important as we can often feel sluggish, lethargic and demotivated. Leave this session feeling empowered, placing wellbeing and self-care back into your hands.





RECOMMENDED TREATMENTS

Menopause, Resilience, Nourish

Discover our collection of recommended treatments designed to promote the arrival of the new season together.

Hormone Harmony

50-Minutes | £82

This tailored treatment begins with a consultation to help you understand the symptoms of perimenopause and menopause and give you advice on how to identify the most likely contributing factors.

Learning to value and accept these changes with an open mind can give you confidence and make your whole journey much easier.

Mind Band Weight Reduction

55-Minutes | £126

A form of Hypnotherapy aimed at improving weight management and encouraging healthy eating habits and overall physical activities.

Muscle Ease Body Massage

60-Minutes | £96

Whether you have overdone it at the gym or work, this intensely therapeutic massage eases tense shoulders, back knots and aches. Aromatic essential oils super-charge the stress-relieving benefits, restoring your sense of well-being.



Sound Healing

25-Minutes | £49

Vibrations created by Tibetan singing bowls can reduce stress and have a positive effect on the immune and nervous systems. This treatment can restore harmony and balance to the body by encouraging healing and deep relaxation for the mind, body and soul.

Thermal Stone Massage

60-Minutes | £100

The healing powers of warm volcanic basalt stones and cold marble stones, combined with the therapist's hands give a deeply relaxing massage creating sensations of comfort and warmth to the entire body including the face, to smooth away muscle tension and everyday stresses.

Medik8 Platinum Face and Body Rejuvenating Ritual

105-Minutes | £178

An exclusive top-to-toe experience using age-defying cosmeceutical skincare delivering visible and advanced results.

Sleep Collection

85-Minutes | £135

Indulge in a journey to deep relaxation and rest to ready yourself for a peaceful night's sleep.

The **SLEEP COLLECTION** includes:

- 65-minute Sensory Journey
- One-to-one 20-minute guided mindful meditation to bring inner peace and harmony to the mind and body.
- A crystal-infused glass water bottle
- A Ragdale Hall Spa bracelet

This collection offers a 21% saving if all items within the collection were purchased separately.





OCTOBER

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2	3	4	5	6
7	8	9 Strength Training for Menopause Boost Immunity & Balance Mind and Body Talk with Dr. Heli	10 Back Care Workshop Yoga for Menopause	11	12 Metabolic Conditioning Class Strength Training for Menopause	13
14	15 Strong to the Bone Talk	16 Strength Training for Menopause	17 Yoga for Menopause	18	19 Metabolic Conditioning Class All Things Menopause Talk with Dr. Katie Cowie Strength Training for Menopause	20
21	22	23 Strength Training for Menopause Boost Immunity & Balance Mind and Body Talk with Dr. Heli	24 Yoga for Menopause	25	26 Metabolic Conditioning Class Strength Training for Menopause	27
28	29	30	31 Yoga for Menopause			

NOVEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2 Self reflexology	3
4	5	6 Voice Meditation Strength Training for Menopause	7	8	9 Metabolic Conditioning Class Strength Training for Menopause	10
11	12 Strong to the Bone Talk	13 Voice Meditation Strength Training for Menopause	14	15	16 Metabolic Conditioning Class Strength Training for Menopause	17
18	19	20 Voice Meditation Strength Training for Menopause	21 Back Care Workshop	22 Bauble Decorating Workshop	23 Metabolic Conditioning Class Strength Training for Menopause	24
25	26	27	28 Wreath Making	29	30 Metabolic Conditioning Class	

DECEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
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2 Self Reflexology	3	4 Breathwork Class Strength Training for Menopause	5 Wine Tasting	6	7 Metabolic Conditioning Class Strength Training for Menopause	8
9	10 Strong to the Bone Talk	11 Breathwork Class Strength Training for Menopause	12 Carol Singing	13	14 Metabolic Conditioning Class Strength Training for Menopause	15
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23	24	25	26	27	28	29
30	31					

To book any experience throughout this season please call our
Treatments Administration Team on **01664 433 043**

To learn more about our Seasons and What's On,
visit our website www.ragdalehall.co.uk/whats-on-seasonal-focus



SCAN ME



RAGDALE HALL SPA