



TRANQUILITY

# INTRODUCTION

The new year offers a welcome opportunity to set the pace for the year ahead.

We invite you to release external expectations and ease into the year at your own unhurried pace. In the place of traditional resolution setting practices, set aside regular time for rest, restoration and self-care practices to forge a tranquil trajectory for the year ahead

Low-impact walks around the grounds can be taken in your own time, filling your lungs with fresh air and putting colour in your cheeks.

Inside, thermal stone massages, a herbal sauna and heated candlelit pool restore warmth to the body, relaxing your muscles and guiding you into a deep state of relaxation.

New Mindful Fusion workouts tone the body, journaling workshops quiet the mind, and treatments dedicated to encouraging restful sleep, stress relief and healing through sound help you to master essential healthy practices that can be incorporated into your daily routine with ease.





# FITNESS CLASSES AND WORKSHOPS

A new season brings a fresh array of experiences thoughtfully designed to elevate your time at Ragdale Hall Spa.



# ROLL, RELEASE, RELAX

*Every Tuesday and Saturday | 3.45pm | Heart Studio*

Experience deep tension relief and enhanced mobility in this class that focuses on releasing tightness and discomfort in the body's connective tissues, or fascia, through targeted self-massage techniques and gentle stretching. Using tools like foam rollers and massage balls, together with your body's natural pressure, you'll learn how to release knots, enhance mobility and reduce chronic pain.

# MINDFUL FUSION

*Every Wednesday and Friday | 4.00pm | Soul Studio*

A mix of stretching, core strengthening and gentle toning exercises combined with breathwork and relaxation techniques. The focus on awareness helps you stay present and grounded, this class is not just a whole-body workout but a reset for your busy life. Perfect for all fitness levels, this is a refreshing way to enhance flexibility, reduce stress and cultivate inner peace.

# CLARINS CLEANSE AND STRETCH

*Friday 7th February, Monday 3rd March | 4.00pm | The Soul Studio | £12*

Refresh your body and mind in this unique class designed in collaboration with the leading beauty brand to promote wellness inside and out. This gentle, rejuvenating session combines self-care, deep stretching and mindful breathing to help you to detoxify and release tension.

# CANDLE POOL SOUND MEDITATION

*From 10th February | Every Monday, Tuesday and Wednesday |  
8am to 8:30am | £15*

As you relax in the candle pool, the sounds of Tibetan singing bowls guide you into a state of mindfulness and deep relaxation. This unique experience provides the perfect opportunity to reconnect with yourself, calm your mind and melt away stress.

# JOURNALING

*Tuesday 25th February, Thursday 20th March | 3.45pm | The Heart Studio*

Writing down your feelings and reflections expressing emotions, setting goals or exploring your ideas can help to manage stress, organise thoughts and track personal development. Many people find it improves their mental health, accelerates personal growth and boosts creativity. Join us to learn how to master this highly beneficial self-help practice.

*We welcome back*  
*Holistic Expert Jenifer Taylor*

A therapist at Ragdale Hall Spa for 20 years, Jenifer returns this year for a series of explorations into the wisdom of ancient traditions, that will complement and expand on wellbeing practices in the modern landscape.





## LIVING IN TUNE WITH THE SEASON | JENIFER TAYLOR

Thursday 16th January | 10.30am | £15 per person

Join Jenifer for a stroll around the grounds as she shares insights on how to align with nature's rhythms. She will guide us through simple rituals that honour the power of this season. After your walk, enjoy refreshing wellness tea in the lounge while emphasising the importance of rest, nourishment and quality sleep.

Using our journals, we'll reflect on our intentions for the new year. We'll explore how the energy of winter symbolises the depth of the earth, providing space for our desires to take root.

## TREE OF LIFE GUIDED MEDITATIONS | JENIFER TAYLOR

Thursday 23rd January, Thursday 13th February | 3.00pm | £15 per person

Join Jenifer for an immersive sound meditation session that combines the calming tones of a mini hand drum with guided reflection on nature's role in our lives. Each session invites you to connect deeply with the world around you and explore its significance through soothing melodies.

As we enter the start of a new year, we'll focus on setting new intentions for the future much like planting spring bulbs in the fall as symbols of growth and renewal. Let the harmonious blend of sound and meditation support you in embracing the transformative power of this season.

## INNER ALCHEMY | JENIFER TAYLOR

Thursday 13th March and Thursday 27th March | 3.00pm | £15 per person

Guided by the beat of the drum, we will explore the wisdom of ancient traditions and tap into the knowledge that empowers transformation. You'll discover how to harness your inner alchemy and encourage new ideas and realities but also brings balance into everyday life.

This experience is an opportunity to reflect and awaken intuition, embracing the synchronicities that confirm we are on the right path. Each session includes a crystal, a herbal tea, and a letter filled with words of wisdom for you to take home as a reminder of your journey towards self-discovery and empowerment.



# RECOMMENDED TREATMENTS

Explore our curated selection of treatments, thoughtfully designed to embrace the arrival of the new season





# HYPNOTHERAPY REIKI

*50 Minutes | £104*

Hypnotherapy-Reiki is a combination of two of the most wonderfully relaxing therapies; hypnotic sleep and ever-popular, Reiki. This treatment is deeply relaxing and calming for the mind and body, helping to release tension and anxiety on a deeper level.

# NEW ELEMIS EXPERT™ TOUCH DEFINE FACIAL

*85 Minutes | £120*

Our globally renowned, hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. This is where intuition meets expertise.

This innovative facial captures the power of clinically proven, intelligent ELEMIS Ultra Smart skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin.

# FLOATAWAY

*45 Minutes | £57*

Float away into deep relaxation with the power of chimes and singing bowls whilst cocooned in the Dry Floatation for a holistic sound healing experience. This will give the body a sense of weightlessness, whilst the harmonious tones offer peace to your mind, body, and soul.

# JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
		1 Mindful Fusion	2	3 Mindful Fusion	4	5
6	7 Journaling	8 Mindful Fusion	9	10 Mindful Fusion	11 Roll, Release, Relax	12
13	14 Roll, Release, Relax	15 Mindful Fusion	16 Living in tune with the season	17 Mindful Fusion	18 Roll, Release, Relax	19
20	21 Roll, Release, Relax	22 Mindful Fusion	23 Tree of life guided meditations	24 Mindful Fusion	25 Roll, Release, Relax	26
27	28 Roll, Release, Relax	29 Mindful Fusion	30	31 Mindful Fusion		

# FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2 Roll, Release, Relax
3	4 Roll, Release, Relax	5 Mindful Fusion	6	7 Clarins cleanse and stretch  Mindful Fusion	8	9 Roll, Release, Relax
10	11 Roll, Release, Relax	12 Mindful Fusion	13 Tree of Life guided mediation	14 Mindful Fusion	15	16 Roll, Release, Relax
17	18 Roll, Release, Relax	19 Mindful Fusion	20	21 Mindful Fusion	22	23 Roll, Release, Relax
24	25 Journaling  Roll, Release, Relax	26 Mindful Fusion	27	28 Mindful Fusion		

# MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
					1	2 Roll, Release, Relax
3 Clarins cleanse and stretch	4 Roll, Release, Relax	5 Mindful Fusion	6	7 Mindful Fusion	8	9 Roll, Release, Relax
10	11 Roll, Release, Relax	12 Mindful Fusion	13	14 Mindful Fusion	15	16 Roll, Release, Relax
17	18 Roll, Release, Relax	19 Mindful Fusion	20 Journaling	21 Mindful Fusion	22	23 Roll, Release, Relax
24	25 Roll, Release, Relax	26 Mindful Fusion	27	28 Mindful Fusion	29	30 Roll, Release, Relax
31						