



# INTRODUCTION

As we enter the height of the summer,  
nature gestures us outside.

Warmer weather, sunnier spells and brighter skies make being outdoors feel more inviting than ever. Small changes such as taking your movement and meditation outside can help reconnect to nature and find peace in your surroundings.

Summer at Ragdale Hall sees our exercise classes take place outside. You can take part in one of our Mindful Wild Walking workshops, in which you'll be guided around the grounds of the Hall in groups so you can enjoy low-intensity exercise while being immersed in the luscious Leicestershire landscape.

Indulgent full-body salt scrubs and Sea Magik mud wrap treatments help to remove dry skin and replenish the body with essential moisture, leaving skin nourished and glowing.

Our open-air pools provide a peaceful place from which to enjoy the summer sunshine. Spend time lounging beside our heated Outdoor Pool or relax in our Rooftop Infinity Pool overlooking the sweeping countryside that surrounds the grounds of the Hall.



# FITNESS CLASSES AND WORKSHOPS

During the summer months we move outside as much as possible, to connect with nature and delight in the sunshine.

## JUGGLING

Thursday 17<sup>th</sup> July at 11.45am, 14<sup>th</sup> August at 4.15pm and 18<sup>th</sup> September at 11.45am  
Outdoors | Complimentary

In today's wellbeing arena we are often encouraged to pursue 'mind-body' exercise and clearly juggling satisfies all the criteria being a combination of mental and physical activity. Tapping into an innate and often forgotten quality known as physical intelligence, it can serve to relieve stress, promote balance, agility and co-ordination in addition to enhancing your creativity and problem-solving skills

## GLUTE - CAMP

Every Wednesday at 9.45am and Saturday at 8.45am  
Outdoors | Complimentary

Training the buttocks is one of this year's hottest fitness trends, but don't be fooled into thinking it's just about aesthetics as it also holds the key to improved posture, enhanced sport performance and reduced risk of injury. Our instructors are often asked what the best exercise is to shape the posterior and the truth is there are many – so we've decided to combine them in one session that takes a unique angle on the concept of bootcamp. It's a challenging below-the-belt workout but being outdoors provides distractions to take your mind off the pain.

## WILD WALK

Every Wednesday at 12.00pm and Saturday at 3.00pm  
Outdoors | Complimentary

Focusing on walking technique and your natural environment can become a form of meditation in motion. In addition to sunlight providing essential vitamin D, a key ingredient for healthy bones, the great outdoors can re-energise your brain, calm adrenaline levels and create a sense of clarity. (Please wear suitable outdoor footwear for all weather conditions.)

## SELF REFLEXOLOGY

Monday 14<sup>th</sup> July | 2.00pm | Soul Studio | £15

Journey into the popular therapy of reflexology and learn how to perform on yourself. More details to follow.

## TREE OF LIFE GUIDED MEDITATIONS WITH SOUND

Thursday 24<sup>th</sup> July, 14<sup>th</sup> August and 18<sup>th</sup> September | 3.00pm | Soul Studio

Join Jenifer for an immersive sound meditation session that combines the uplifting tones of a mini hand drum with guided reflections on personal renewal and growth. Each session invites you to connect deeply with the world around you and explore its significance through soothing melodies.

As we embrace the energy of summer, we'll focus on celebrating life and awakening our senses. We will connect with the warmth of the sun and harness the vibrant energy of the season to recharge our bodies and minds.

## LIVING IN TUNE WITH THE SEASONS

Thursday 17<sup>th</sup> July | 10.30am | Main Lounge | £15

As we embrace the warmth of summer, we celebrate the abundance of life and the joy of being present. This season reminds us that being alive is a celebration—a time to connect with loved ones, bask in the sun, and step away from daily demands. Join Jenifer for a stroll around the stunning grounds as she shares insights on how to align with nature's rhythms during this vibrant season. She will guide us through simple rituals that honour the power of summer and encourage us to appreciate the beauty surrounding us.

After our walk, we'll come together for a refreshing fruit mocktail in the lounge as we reflect on the goals we've accomplished and what lies ahead for us. Using our journals, we'll take a moment to acknowledge our achievements and set intentions for the future. We'll delve into how the energy of summer energises our spirits, infusing us with the vitality needed to thrive during this season.

## SUN WALKS AND SHARING STORIES

Thursday 7<sup>th</sup> August | 10.30am | £15

Join us for a heartwarming gathering to share our stories and experiences. In a circle, we'll explore our dreams of transformation. The sun's warmth creates a comforting atmosphere that encourages openness and connection. Jenifer will begin by sharing her insights on the upcoming age of Aquarius, discussing the transformative energy it brings and how we can harness it for personal growth and enlightenment. Together, we'll learn to cultivate peace, inner harmony, and freedom in our lives. Enjoy the sun's beauty as we celebrate storytelling and the connections we share.

# RECOMMENDED TREATMENTS

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



## ELEMIS FRANGIPANI FLOTATION

£90 | 55 Minutes

Immerse yourself in luxury with this exotic ritual designed to invigorate and revitalise your body. Warm oil is sparingly dripped over your skin, followed by the Frangipani Salt Glow to cleanse and polish, and your skin is drenched in moisture. You are then cocooned in dry flotation, giving your body a sense of weightlessness while you enjoy a soothing face and scalp massage. A final application of Frangipani Body Cream is applied, leaving the skin glowing, vibrant, replenished and flawless looking.

## SEAMAGIK PRO LUXURY MINDERAL MUD INFUSION

£155 | 110 Minutes

Inspired by the healing, therapeutic powers of the ocean, this luxurious treatment envelopes your face, scalp and body in a lavish infusion of pure mineral mud, salt and oils. To add to this true spa treat, you will receive a unique deeply relaxing full body massage designed to calm a restless mind. While you are cocooned in soothing warm black mud, a face mask is applied and a hypnotic scalp massage is performed with a hydrating mud to nourish your hair and scalp. The treatment ends with an application of body lotion to give deep and long-lasting hydration.

## MEDIK8 CRYSTAL RETINAL FACIAL

£115 | 60 minutes

A rejuvenating facial powered by Crystal Retinal and enhanced with a transformative sculpting massage. This facial is tailored to your skin's needs and is clinically proven to visibly reduce wrinkles, enhance radiance, and increase firmness in just one treatment.

## CLARINS HEAVENLY HANDS

£52 | 40 Minutes

This hand treatment begins with a soothing hand soak and gentle exfoliation, followed by nail filing, cuticle care, and buffing. A warm stone massage melts away tension, leaving your hands and arms relaxed and rejuvenated. The treatment concludes with a rich moisturiser that softens your hands and nails, leaving them feeling supple and smooth.

## HAYFEVER HEAVEN

£45 | 25 Minutes

Fight the symptoms of hay-fever with our soothing rescue remedy treatment.

# JULY

MON	TUE	WED	THU	FRI	SAT	SUN
	1	2 Glute-Camp Wild walk	3	4	5 Glute-Camp Wild walk	6
7	8	9 Glute-Camp Wild walk	10	11	12 Glute-Camp Wild walk	13
14 Self Reflex-ology	15	16 Glute-Camp Wild walk	17 Juggling Living in tune with the seasons	18	19 Glute-Camp Wild walk	20
21	22	23 Glute-Camp Wild walk	24 Tree of Life Guided Meditation	25	26 Glute-Camp Wild walk	27
28	29	30 Glute-Camp Wild walk	31			

All classes/workshops times and dates are subject to change

# AUGUST

MON	TUE	WED	THU	FRI	SAT	SUN
				1	2 Glute-Camp Wild walk	3
4	5	6 Glute-Camp Wild Walk	7 Sun walks and sharing stories	8	9 Glute-Camp Wild walk	10
11	12	13 Glute-Camp Wild walk	14 Juggling Tree of Life Guided Meditation	15	16 Glute-Camp Wild walk	17
18	19	20 Glute-Camp Wild walk	21	22	23 Glute-Camp Wild walk	24
25	26	27 Glute-Camp Wild walk	28	29	30 Glute-Camp Wild walk	31

All classes/workshops times and dates are subject to change

# SEPTEMBER

MON	TUE	WED	THU	FRI	SAT	SUN
1	2	3 Glute-Camp Wild walk	4	5	6 Glute-Camp Wild walk	7
8	9	10 Glute-Camp Wild walk	11	12	13 Glute-Camp Wild walk	14
15	16	17 Glute-Camp Wild walk	18 Juggling Tree of Life Guided Meditation	19	20 Glute-Camp Wild walk	21
22	23	24 Glute-Camp Wild walk	25	26	27 Glute-Camp Wild walk	28
29	30					

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