



# AWAKENING

# INTRODUCTION

**With each new year comes a sense of renewal: a chance to release what no longer serves you, to welcome in new possibilities, and to introduce rituals that set the tone and establish your rhythm for the twelve months to come.**

*Here at the Hall, workshops on mindset, numerology, and oracle cards guide you to curate your vision for the year ahead, while gentle breathwork, chanting, and guided meditation sessions help bring your vision to life.*

*Warm, cleansing waters clear your mind and release stagnant energy, while vast views of the surrounding countryside ground you firmly in the present moment.*

*Mindful movement comes in the form of morning flows and slow stretch classes, brightening facials breathe new life into your complexion, and full-body massages calm both body and mind, allowing you to begin the year on a balanced note.*

# FITNESS CLASSES AND WORKSHOPS

Embrace the season of *awakening* at Ragdale Hall Spa, with thoughtfully curated experiences that refresh, inspire and enrich your well-being.



## CANDLE POOL SOUND MEDITATION

Every Monday, Tuesday and Wednesday | 8.30am | Candle Pool | £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.

## ENERGY RESET MEDITATION

Every Tuesday and Saturday | 2.00pm | The Retreat | £15

A 20-minute mini-practice to gently awaken the body and mind. In just a short time, mindful breathing, quiet reflection, and an uplifting story that focuses the mind can help release tension and set a calm, positive tone for your day..

## RESTORATIVE RELAXATION

Every Tuesday, Thursday and Saturday | 4.00pm | Soul Studio | Complimentary

Unwind and recharge in this gentle session designed to help you to release tension and cultivate a sense of calm. Using a mix of techniques to soothe both body and mind this class is suitable for all levels and ideal for anyone looking to recover, destress or simply find stillness in their day.

## SOUND BATHING

Every Monday 2.00pm | Every Friday 5.00pm | Soul Studio | £15

Experience deep relaxation through the ancient practice of sound healing. Using singing bowls, gongs, chimes, percussion, and the human voice, this meditative session helps cleanse the mind, restore the body, reduce stress, improve sleep, and awaken your overall wellbeing.

All classes/workshops times and dates are subject to change

# ORACLE CARDS AND GUIDANCE

## with Jenifer Taylor

| 12th and 26th February | 3.00pm | The Retreat | £15

For over ten years, Jenifer has guided guests with Oracle Cards, helping bring clarity and insight for the next step of their journey.

In this small group of six, a gentle opening meditation is followed by shared readings and reflections, inviting the question, “What do I need to know right now?” The experience offers a calm, intuitive space of connection and wisdom.

## SELF REIKI with Jon Jarvis

Every Wednesday and Friday | 12.00pm | Soul Studio | £15

Step into a peaceful, candlelit space and explore the Art of Self-Reiki, a gentle practice that helps you channel healing energy into your body. Guided through simple hand placements, breathing, and mindfulness cues, you'll reconnect with yourself, restore balance, and leave with a self-care ritual to carry into daily life.

## IMMERSIVE MEDITATION WITH NUMEROLOGY

## with Jenifer Taylor

| 5th and 29<sup>th</sup> January | 3.00pm | The Retreat | £15

Join Jenifer for a calming guided meditation designed to help you release what no longer serves you and step into gratitude and renewed energy. Through reflections on numerology and the Chinese New Year, you'll be gently guided to awaken your path and set intentions for the year ahead.

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# MEET OUR EXPERTS...

Meet our holistic experts, whose practice is grounded in ancient wisdom, including numerology, self-reiki, chanting, oracle cards, and Tree of Life meditation. Alongside them, meet our fitness and health consultant, who delivers inspiring talks on overcoming barriers and creating positive, lasting change.

With over 20 years of experience shaping wellness workshops at Ragdale Hall Spa, our specialists have refined their craft to offer deeply calming, restorative experiences that support both inner balance and everyday wellbeing.



## GENTLE BREATHWORK AND CHANTING with Jon Jarvis

10<sup>th</sup>, 15<sup>th</sup>, 29<sup>th</sup> January and 21<sup>st</sup> and 26<sup>th</sup> February | 12.00pm | The Retreat | £15 |

Step into a calming sound awakening experience to reset your mind and reconnect with your inner rhythm. Through gentle breathwork, soothing humming, and rhythmic OM chanting, release tension, harmonise your breath, and ease the body. No experience is required, just bring an open heart and a willingness to connect with your breath and your voice.

## GUIDED AWAKENING MEDITATION with Jenifer Taylor

22<sup>nd</sup> January | 6:00pm | 5<sup>th</sup> and 19<sup>th</sup> February | 3.00pm | The Retreat | £15

Join Jenifer for a sound meditation combining uplifting mini hand drum tones with guided reflections on renewal and growth. Connect with the energy of the new year, awaken your senses, and recharge your body and mind as you emerge from winter's slumber.

## OVERCOMING BARRIERS TALK with Dean Hodgkin

Every Thursday from 8<sup>th</sup> January throughout the month | 3.45pm  
Heart Studio | Complimentary

Why is it so difficult to start exercising and even harder to keep going? In this relaxed session, we explore the real obstacles that can get in the way, such as lack of time, low motivation, confidence worries, and physical limitations. You'll learn how simple adjustments, flexible goals, and alternative approaches can help you stay consistent and build a healthier, more active lifestyle.

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# RECOMMENDED TREATMENTS

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

# CLARINS DELUXE EXPERT FACIAL

90 Minutes | £131

Designed for all skin types and ages, these expert facials combine plant-enriched formulas with personalised massage to deliver visible, long-lasting results. Each treatment includes a 25-minute sculpting massage using microcirculation and drainage techniques, plus your choice of a 20-minute back, hand and foot, or scalp, neck and décolleté massage for added relaxation.

## Choose from:

**Youth Expert** – Firms and enhances radiance for a glowing complexion.

**Power Hydrator** – Deeply nourishes dry skin, restoring comfort and softness.

**Anti-Blemish Rescue** – Purifies and rebalances oily or combination skin.

**Radiance Booster** – Revives dull skin with intense hydration and glow.

**Skin Soother** – Calms sensitive skin, reducing redness and irritation.

# ELEMIS EXPERT™ TOUCH FACIAL

50 Minutes | £89

ELEMIS hands-on facials use expert touch and advanced formulas to prepare the skin, enhance absorption, and deliver visible anti-ageing results.

Combining proven actives with skin-lifting massage, each treatment leaves your complexion refreshed and renewed.

## Choose from:

**Expert™ Touch Renew Facial** – Hydrates, lifts, and firms while reducing the appearance of fine lines and wrinkles.

**Expert™ Touch Reveal Facial** - Resurfaces and smooths skin using Tri-Enzyme technology for a radiant glow.

# CLARINS REBALANCING MASSAGE

75 Minutes | £116

Relax your body, restore your energy, and ease muscle tension with this result-driven treatment. Our skilled therapists will adapt their pressure to your preference and needs. Choose between 'Tonic' Oil to help stimulate the body and mind or 'Relax' Oil to invoke a feeling of absolute calm.

## PICK n MIX in the Beauty Express

Up to 45 minutes | £71 | Choose any 3 treatments

### *Face and Eyes*

**Ice Globe Glow Facial** – Cooling ice globe massage lifts, brightens, and refreshes for a youthful glow.

**Gua Sha Face Lift** – Sculpting jade stone massage to redefine facial contours.

**Rose Quartz Facial** – Brightens and lifts using the calming energy of rose quartz.

**LED Light Therapy** – Deep cleanse followed by LED light to rejuvenate.

**Bright Eyes** – A quick fix to refresh tired-looking eyes.

**Brow Tidy** – A simple shape refresh.

### *Hands and Feet*

**Cuti Tips Hands / Feet** – Nail and cuticle tidy with protein treatment.

**Infinite Shine Polish Hands / Feet** – Quick-dry, high-gloss polish.

**Heavenly Hands Massage** – Deeply soothing arm and hand massage.

**Reflex Press\*** – Acupressure foot massage to release tension.

**Foot Smoothie** – Exfoliates and softens feet for silky-smooth skin.

### *Scalp, Hair and Body*

**Tingle Tangle Scalp Massage** – Invigorating scalp massage.

**Tropical Hair Repair** – Nourishing mask with soothing scalp massage.

**Muscle Ease\*** – Warm basalt stone massage for neck and shoulders.

**Hot Rock Foot & Leg Massage\*** – Heated stone massage to ease tired legs.

\*Taken by one person as one service. One massage per area. Please wear a towelling robe.

# DATES FOR THE DIARY

Here's a calendar of our Season of Awakening workshops. Nourish your body and mind, explore new practices, and connect in a calm, restorative setting.

# JANUARY

MON	TUE	WED	THU	FRI	SAT	SUN
			1 Restorative Relaxation	2	3 Energy Reset Meditation Restorative Relaxation	4
5 Candle Pool Meditation Sound Bathing	6 Candle Pool Meditation Restorative Relaxation Energy Reset Meditation	7 Candle Pool Meditation Self Reiki	8 Overcoming Barriers Talk Restorative Relaxation	9 Self Reiki Sound Bathing	10 Gentle Breathwork & Chanting Restorative Relaxation Energy Reset Meditation	11
12 Candle Pool Meditation Sound Bathing	13 Candle Pool Meditation Restorative Relaxation Energy Reset Meditation	14 Candle Pool Meditation Self Reiki	15 Gentle Breathwork & Chanting Restorative Relaxation Overcoming Barriers Talk Numerology	16 Self Reiki Sound Bathing	17 Energy Reset Meditation Restorative Relaxation	18
19 Candle Pool Meditation Sound Bathing	20 Candle Pool Meditation Restorative Relaxation Energy Reset Meditation	21 Candle Pool Meditation Self Reiki	22 Restorative Relaxation Overcoming Barriers Talk Guided Awakening Meditation	23 Self Reiki Sound Bathing	24 Restorative Relaxation Energy Reset Meditation	25
26 Candle Pool Meditation Sound Bathing	27 Candle Pool Meditation Restorative Relaxation Energy Reset Meditation	28 Candle Pool Meditation Self Reiki	29 Gentle Breathwork & Chanting Restorative Relaxation Overcoming Barriers Talk Numerology	30 Self Reiki Sound Bathing	31 Energy Reset Meditation Restorative Relaxation	

Classes and workshops are subject to change

# FEBRUARY

MON	TUE	WED	THU	FRI	SAT	SUN
						1
2 Candle Pool Meditation Sound Bathing	3 Candle Pool Meditation Restorative Relaxation Energy Reset Meditation	4 Candle Pool Meditation Self Reiki	5 Gentle Breathwork & Chanting Restorative Relaxation Guided Awakening Meditation	6 Self Reiki Sound Bathing	7 Gentle Breathwork & Chanting Restorative Relaxation Energy Reset Meditation	8
9 Candle Pool Meditation Sound Bathing	10 Candle Pool Meditation Restorative Relaxation Energy Reset Meditation	11 Candle Pool Meditation Self Reiki	12 Gentle Breathwork & Chanting Oracle Card Transformation Restorative Relaxation	13 Self Reiki Sound Bathing	14 Restorative Relaxation Energy Reset Meditation	15
16 Candle Pool Meditation Sound Bathing	17 Candle Pool Meditation Restorative Relaxation Energy Reset Meditation	18 Candle Pool Meditation Self Reiki	19 Gentle Breathwork & Chanting Restorative Relaxation Guided Awakening Meditation	20 Self Reiki Sound Bathing	21 Restorative Relaxation Energy Reset Meditation Gentle Breathwork & Chanting	22
23 Candle Pool Meditation Sound Bathing	24 Candle Pool Meditation Restorative Relaxation Energy Reset Meditation	25 Candle Pool Meditation Self Reiki	26 Gentle Breathwork & Chanting Oracle Card Transformation Restorative Relaxation	27 Self Reiki Sound Bathing	28 Restorative Relaxation Energy Reset Meditation	

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