

THRIVE



INTRODUCTION

Steady Strength



As spring approaches, it invites us to appreciate the beauty in simplicity. Just as sunlight, water, and space to flourish bring buds into full bloom, intentional movement, balanced nutrition, and you time form the foundations of good health.

Settle into spring at Ragdale Hall

As you find your feet within this new season and establish the practices that guide you towards becoming your strongest self, bear in mind that it's often the most uncomplicated rituals that prove the most fruitful and enduring.

Brisk energising walks around the grounds raise your heartrate, put colour in your cheeks and gradually improve stamina, while slow strength classes build and maintain essential muscle. Balanced, varied and nutritious meals incorporate key nutrients into your diet, nourishing the body from the inside out.

Our soothing spa waters take the weight off your shoulders, deep-tissue massages ease tired muscles, and our immersive spa experiences bring you out of your mind and into your body, allowing you to move through the month with clarity and calm.

FITNESS CLASSES AND WORKSHOPS

Step into the season to *Thrive* with thoughtfully curated workshops and fitness classes that encourage strength, inspire renewal, and cultivate simple, nourishing rituals to support lasting 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 | 10.30am | The Retreat | £15

Gently awaken the body and mind with mindful breathing, quiet reflection, and an uplifting story. Focusing the mind in this way can help release tension, set a calm, positive tone for your day, and give you the tools to thrive.

INTRODUCTION TO TAI CHI

Every Friday | 7.45am | Heart Studio | Complimentary

A gentle 25-minute introduction to Tai Chi, guiding you through slow, mindful movements to improve balance, flexibility, and relaxation.

GUT HEALTH & THE ART OF FERMENTATION:

with PiQi Founder, Aksana Fitzpatrick **PiQi**

25th March, 23rd April and 21st May | 1:15pm | Twilight Bar | £35pp

Fermentation is a journey towards a healthier, more vibrant lifestyle. Discover the benefits of good gut health as you craft your own probiotic-rich drinks in this hands-on water kefir workshop with Aksana Fitzpatrick, founder of the award-winning organic kefir water brand PiQi.

SOUND BATHING

Every Monday 2.00pm | Every Friday 5.10pm | Soul Studio | £18

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

MEET OUR EXPERTS...

Embrace your Season to Thrive with our holistic experts, guiding you through Qigong, oracle cards, and ancient practices to awaken the body, mind, and spirit. Alongside them, join our fitness and health consultant for an expert-led journaling talk, exploring how to reflect, set goals, and overcome barriers to create 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.



ORACLE CARDS AND GUIDANCE

with Jenifer Taylor

5th and 19th March | 14th May | 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 | 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.

QIGONG with Jon Jarvis

Every Friday | 12.00pm | Soul Studio | £15

Discover the healing power of the Five Elements in this Qigong class. Through gentle, mindful movements and breathwork, you will balance your body, mind, and energy, supporting overall wellbeing and helping you thrive.

NORDIC WALKING

Every Tuesday and Sunday | 2.00pm | Fitness Welcome Area | Complimentary

Join our Nordic Walking class to improve fitness, strength, and endurance while enjoying the outdoors. Using specially designed poles, this full-body workout engages muscles, boosts cardiovascular health, and promotes posture and balance.

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THRIVE IN CHAOS

**Every Monday | 6:15pm | Every Tuesday and Thursday | 10:45am throughout March |
Heart Studio | Complimentary**

Build resilience and adaptability through a unique mix of traditional exercises, playful games, brain teasers, and team challenges to create a truly holistic workout. Using an unexpected range of props, from musical statues to dodgeball, crawling to karaoke, every session is different and full of surprises.

THRIVE WITHIN: GUIDED MEDITATION

with Jenifer Taylor

2nd, 9th, 23rd, 30th April | 7th May | 3.00pm | The Retreat | £15

Join Jenifer for a sound meditation blending uplifting hand drum tones with guided reflections on renewal and growth. Awaken your senses, harness your energy, and recharge your body and mind to step fully into your season of thriving.

JOURNALING TALK

with Dean Hodgkin

12th and 26th March | 3.45pm and 2:30pm | Heart Studio | Complimentary

Writing down your thoughts and reflections can help manage stress, organise ideas, and track personal growth. Many find it boosts mental wellbeing, accelerates development, and sparks creativity. Join us to learn how to master this powerful self-help practice.

THRESHOLD

**Every Wednesday and Saturday throughout April | 8.45am
| Heart Studio | Complimentary**

A focused 25-minute cycle class designed to improve efficiency and performance while supporting your enjoyment of riding. Learn how to thrive in the class and calculate your functional threshold power (FTP) to track your fitness progress over time.





RECOMMENDED TREATMENTS

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

CLARINS MUSCLE EASE BODY MASSAGE

60 Minutes | £104

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.

ELEMIS DEEP TISSUE TENSION- EASE MASSAGE

60 Minutes | £112

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused.

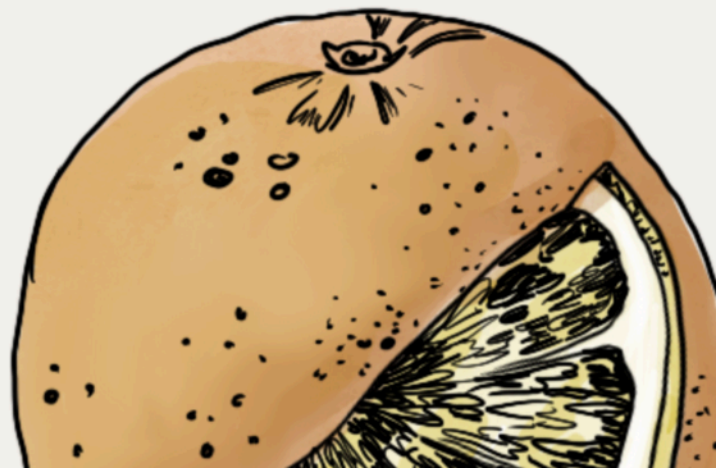
This treatment will work deep into the muscles and as a result may cause some soreness or discomfort during or after the treatment, and in some cases may leave a temporary mark or bruise.

ELEMIS TECH SCULT + FIRM FACIAL

80 Minutes | £135

Our ultimate treatment, this multi-faceted facial is customised to target your skin needs using all 5 BIOTEC technologies for a transformative facial experience like no other. Your complexion will be left revitalised, strengthened and defined.

This is an 85-minute session, which includes a 5-minute consultation and 80 minutes of treatment



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 to *Thrive* workshops. Nurture your body and mind, explore new practices, and connect in a calm, restorative setting.




MARCH

MON	TUE	WED	THU	FRI	SAT	SUN
						1 Nordic Walking
2 Candle Pool Meditation Sound Bathing	3 Candle Pool Meditation Energy Reset Meditation Thrive in Chaos	4 Candle Pool Meditation Self Reiki	5 Oracle Cards Thrive in Chaos	6 Tai Chi Sound Bathing Qigong	7 Energy Reset Meditation Chanting & Breathwork	8 Nordic Walking
9 Candle Pool Meditation Sound Bathing	10 Energy Reset Meditation Candle Pool Meditation Thrive in Chaos	11 Candle Pool Meditation Self Reiki	12 Journaling Talk Thrive in Chaos	13 Tai Chi Sound Bathing Qigong	14 Energy Reset Meditation	15 Nordic Walking
16 Candle Pool Meditation Sound Bathing	17 Energy Reset Meditation Candle Pool Meditation Thrive in Chaos	18 Candle Pool Meditation Self Reiki	19 Oracle Cards New Moon Meditation Thrive in Chaos	20 Tai Chi Sound Bathing Qigong	21 Energy Reset Meditation	22 Nordic Walking
23 Candle Pool Meditation Sound Bathing	24 Energy Reset Meditation Candle Pool Meditation Thrive in Chaos	25 Candle Pool Meditation Self Reiki Gut Health Workshop	26 Chanting & Breathwork Journaling Talk Thrive in Chaos	27 Tai Chi Sound Bathing Qigong	28 Energy Reset Meditation	29 Nordic Walking
30 Candle Pool Meditation Sound Bathing	31 Energy Reset Meditation Candle Pool Meditation Thrive in Chaos					



Classes and workshops are subject to change

APRIL

MON	TUE	WED	THU	FRI	SAT	SUN
		1 Candle Pool Meditation Self Reiki Threshold	2 Thrive Within: Guided Meditation	3 Tai Chi Qigong Sound Bathing	4 Energy Reset Meditation Threshold	5 Nordic Walking
6 Candle Pool Meditation Sound Bathing	7 Energy Reset Meditation Candle Pool Meditation Nordic Walking	8 Candle Pool Meditation Self Reiki Threshold	9 Thrive Within: Guided Meditation	10 Tai Chi Qigong Sound Bathing	11 Energy Reset Meditation Threshold	12 Nordic Walking
13 Candle Pool Meditation Sound Bathing	14 Energy Reset Meditation Candle Pool Meditation Nordic Walking	15 Candle Pool Meditation Self Reiki Threshold	16 Moon Meditation	17 Tai Chi Qigong Sound Bathing	18 Energy Reset Meditation Threshold	19 Nordic Walking
20 Candle Pool Meditation Sound Bathing	21 Energy Reset Meditation Candle Pool Meditation Nordic Walking	22 Candle Pool Meditation Self Reiki Threshold	23 Gut Health Talk Thrive Within: Guided Meditation	24 Tai Chi Qigong Sound Bathing	25 Energy Reset Meditation Threshold	26 Nordic Walking
27 Candle Pool Meditation Sound Bathing	28 Candle Pool Meditation Energy Reset Meditation Nordic Walking	29 Candle Pool Meditation Self Reiki Threshold	30 Thrive Within: Guided Meditation			

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MAY

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Tai Chi Qigong Sound Bathing	2 Energy Reset Meditation	3 Nordic Walking
4 Candle Pool Meditation Sound Bathing	5 Candle Pool Meditation Energy Reset Meditation Nordic Walking	6 Candle Pool Meditation Self Reiki	7 Thrive Within: Guided Meditation	8 Tai Chi Qigong Sound Bathing	9 Energy Reset Meditation	10 Nordic Walking
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