

ENRICHMENT WORKSHOP TIMETABLE

23rd February to 1st March 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15			Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Art of Self Reiki 12.00pm £15	Gentle Breathwork & Chanting 12.00pm £15	Art of Self Reiki 12.00pm £15	Energy Reset Meditation 2.00pm £15	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Fashion Tips Workshop 3.00pm	Energy Reset Meditation 2.00pm £15	Fashion Tips Workshop 3.00pm	Oracle Card and Guidance 3.00pm £15	Fashion Tips Workshop 3.00pm	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
	Sound Bathing 2.00pm £15	Restorative Relaxation 4:00pm & 4.30pm Complimentary		Restorative Relaxation 4:00pm & 4.30pm Complimentary	Sound Bathing 5:10pm £15	Restorative Relaxation 4:00pm & 4.30pm Complimentary	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*			

-  Beauty Shop - To book call the Beauty Shop on 01664 434 411 or visit the Beauty Shop
*Redeemable against two or more purchases
-  The Retreat - To book call Treatments on 01664 433 043 or Ext 525
-  Heart + Soul Fitness - To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
-  The Lounge - To book call the Boutique on 01664 433 089 or visit the Boutique



To view all timetables and weekly updates, scan our QR code for more information on fitness classes, seasonal focus and special offers in our retail areas.

EVERYDAY

ADVANCED 3D SKIN ANALYSIS
An in-depth skin analysis consultation, to examine deep within your skin.
£15 Redeemable*

CLARINS MAKEOVER
A makeover to help you find your look.
£25 Redeemable*

BIKES
Bikes and helmets available throughout the day. Visit the Main Reception for route maps.

TENNIS
Racquets & balls are available from Fitness.

ART SUPPLIES
Capture Ragdale through pastels and our portable easel. Available for complimentary hire at Main Reception

ENRICHMENT WORKSHOP TIMETABLE

2nd March to 8th March 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £15	Candle Pool Sound Meditation 8.30am £15 Thrive in Chaos Fitness Class 10.45am	Candle Pool Sound Meditation 8.30am £15				Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Art of Self Reiki 12.00pm £15	Thrive in Chaos Fitness Class 10.45am	Qigong: The Five Elements 12.00pm £15	Energy Reset Meditation 2.00pm £15	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Fashion Tips Workshop 3.00pm	Energy Reset Meditation 2.00pm £15	Fashion Tips Workshop 3.00pm	Oracle Card and Guidance 3.00pm £15	Fashion Tips Workshop 3.00pm	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	Country Stroll 2.00pm Complimentary
	Sound Bathing 2.00pm £15	Country Stroll 2.00pm Complimentary			Sound Bathing 5:10pm £15		
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*			

-  Beauty Shop - To book call the Beauty Shop on 01664 434 411 or visit the Beauty Shop
*Redeemable against two or more purchases
-  The Retreat - To book call Treatments on 01664 433 043 or Ext 525
-  Heart + Soul Fitness - To book call Treatments on 01664 433 043 or visit Heart + Soul Fitness
-  The Lounge - To book call the Boutique on 01664 433 089 or visit the Boutique



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