

# 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 your 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.



# COCKTAIL DEMONSTRATION

Thursday 7<sup>th</sup> & 14<sup>th</sup> May and Every Saturday through May | 3.30pm

Twilight Bar | Complimentary

Experience a live cocktail demonstration with our expert mixologists at the Twilight Bar. Watch as they craft signature drinks, learn about the balance of flavours and techniques, and enjoy tasting each creation. The session concludes with a fun quiz, and the winner receives their own cocktail to enjoy.

# COUNTRY STROLL

Every Sunday throughout March & April | 2.00pm

Welcome Fitness Area | Complimentary

A 45-minute walk, offering the perfect opportunity to leisurely explore the beautiful Leicestershire countryside. Take in the fresh air, enjoy the natural scenery, and let the gentle pace help you relax and reconnect with your surroundings.

# JOURNALING TALK

with Dean Hodgkin

12<sup>th</sup> and 26<sup>th</sup> 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.

# MOON INSPIRED MEDITATION

with Jenifer Taylor

19<sup>th</sup> March, 16<sup>th</sup> April & 28<sup>th</sup> May | 3.00pm | The Retreat | £18

Reconnect with the Moon, the land, and ancestral wisdom in this guided meditation. Explore the lunar cycles, release what no longer serves you, and plant intentions to support your wellbeing, helping you Thrive with clarity, balance, and renewed energy.

## ENERGY RESET MEDITATION

**Every Tuesday and Saturday | 10.30am | The Retreat | £18**

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 | £20**

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.

# 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

**5<sup>th</sup> March | 14<sup>th</sup> May | 3.00pm | The Retreat | £18**

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 | £18**

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.

## NORDIC WALKING

**Every Tuesday & Sunday through April | 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

# 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

2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> April | 7<sup>th</sup> May | 3.00pm | The Retreat | £18

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.

# 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.

# QIGONG with Jon Jarvis

Every Friday | 12.00pm | Soul Studio | £18

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.





# RECOMMENDED TREATMENTS

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

# PRO EXPERT DEEP HEALING MASSAGE

70 Minutes | £110

A Deep Healing Massage designed to relieve tension and promote relaxation by blending Clarins' expertise with Thai massage techniques for a deep massage designed to release muscle tightness and enhance flexibility. Skin is nourished, tension is released, and mindfulness is restored.

# ELEMIS DEEP TISSUE TENSION- EASE MASSAGE

60 Minutes | £117

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.

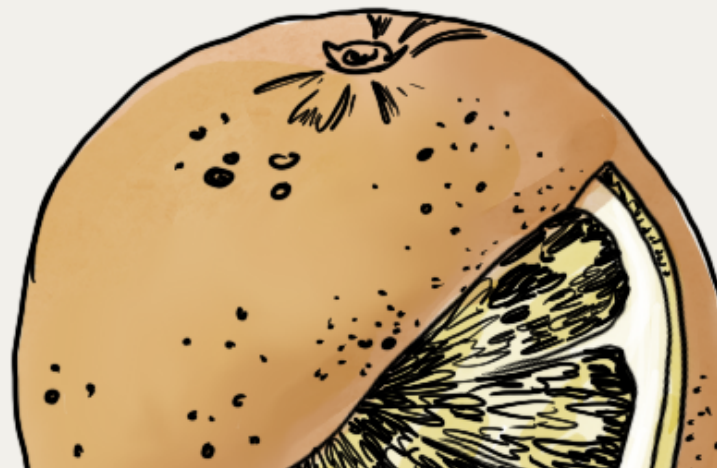
*This treatment will work deep into the muscles and as a result may cause some soreness or discomfort during or after the treatment, and in some cases may leave a temporary mark or bruise.*

# ELEMIS TECH SCULT + FIRM FACIAL

80 Minutes | £142

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 & MIX in the Beauty Express

*Up to 45 minutes | £74 | 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
2 Candle Pool Meditation  Sound Bathing	3 Candle Pool Meditation  Energy Reset Meditation  Thrive in Chaos  Strong Reformer	4 Candle Pool Meditation  Self Reiki	5  Oracle Cards  Thrive in Chaos	6  Tai Chi  Sound Bathing  Qigong	7 Energy Reset Meditation  Chanting & Breathwork  Strong Reformer	8  Country Stroll
9 Candle Pool Meditation  Sound Bathing	10 Candle Pool Meditation  Energy Reset Meditation  Thrive in Chaos  Strong Reformer	11 Candle Pool Meditation  Self Reiki	12  Journaling Talk  Thrive in Chaos	13  Tai Chi  Sound Bathing  Qigong	14  Energy Reset Meditation  Strong Reformer	15  Country Stroll
16 Candle Pool Meditation  Sound Bathing	17 Candle Pool Meditation  Energy Reset Meditation  Thrive in Chaos  Strong Reformer	18  Candle Pool Meditation  Self Reiki	19  New Moon Meditation  Thrive in Chaos	20  Tai Chi  Sound Bathing  Qigong	21  Energy Reset Meditation  Strong Reformer	22  Country Stroll
23 Candle Pool Meditation  Sound Bathing	24 Candle Pool Meditation  Energy Reset Meditation  Thrive in Chaos  Strong Reformer	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  Strong Reformer	29  Country Stroll
30 Candle Pool Meditation  Sound Bathing	31 Candle Pool Meditation  Energy Reset Meditation  Thrive in Chaos  Strong Reformer					

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  Strong Reformer	5 Country Stroll
6 Candle Pool Meditation  Sound Bathing	7 Energy Reset Meditation  Candle Pool Meditation  Strong Reformer	8 Candle Pool Meditation  Self Reiki  Threshold	9 Thrive Within: Guided Meditation	10 Tai Chi  Qigong  Sound Bathing	11 Energy Reset Meditation  Threshold  Strong Reformer	12 Country Stroll
13 Candle Pool Meditation  Sound Bathing	14 Energy Reset Meditation  Candle Pool Meditation  Strong Reformer	15 Candle Pool Meditation  Self Reiki  Threshold	16 Moon Meditation	17 Tai Chi  Qigong  Sound Bathing	18 Energy Reset Meditation  Threshold  Strong Reformer	19 Country Stroll
20 Candle Pool Meditation  Sound Bathing	21 Energy Reset Meditation  Candle Pool Meditation  Strong Reformer	22 Candle Pool Meditation  Self Reiki  Threshold	23 Gut Health Workshop  Thrive Within: Guided Meditation	24 Tai Chi  Qigong  Sound Bathing	25 Energy Reset Meditation  Threshold  Strong Reformer	26 Country Stroll
27 Candle Pool Meditation  Sound Bathing	28 Candle Pool Meditation  Energy Reset Meditation  Strong Reformer	29 Candle Pool Meditation  Self Reiki  Threshold	30 Thrive Within: Guided Meditation			



# MAY

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Tai Chi  Qigong  Sound Bathing	2 Energy Reset Meditation  Strong Reformer  Cocktail Demo	3 Nordic Walking
4 Candle Pool Meditation  Sound Bathing	5 Energy Reset Meditation  Candle Pool Meditation  Strong Reformer	6 Candle Pool Meditation  Self Reiki	7 Thrive Within: Guided Meditation  Cocktail Demo	8 Tai Chi  Qigong  Sound Bathing	9 Energy Reset Meditation  Strong Reformer  Cocktail Demo	10 Nordic Walking
11 Candle Pool Meditation  Sound Bathing	12 Energy Reset Meditation  Candle Pool Meditation  Strong Reformer	13 Candle Pool Meditation  Self Reiki	14 Oracle Cards  Cocktail Demo	15 Tai Chi  Qigong  Sound Bathing	16 Energy Reset Meditation  Strong Reformer  Cocktail Demo	17 Nordic Walking
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