





ENRICHMENT WORKSHOP TIMETABLE

13th April to 19th April 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £18	Candle Pool Sound Meditation 8.30am £18	Candle Pool Sound Meditation 8.30am £18			Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £18	Threshold Cycle Fitness Class 8.45am Complimentary		Qigong: The Five Elements 12.00pm £18	Energy Reset Meditation 10.30am £18	Threshold Cycle Fitness Class 8.45am Complimentary
Afternoon	Sound Bathing 2.00pm £20	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Art of Self Reiki 12.00pm £18	Moon Meditation with Jenifer Taylor 3.00pm £18	Fashion Tips Workshop 3.00pm		Country Stroll 2.00pm Complimentary
	Fashion Tips Workshop 3.00pm	Country Stroll 2.00pm Complimentary	Fashion Tips Workshop 3.00pm			Sound Bathing 5:10pm £20	Clarins Makeup Masterclass 4.00pm £10 Redeemable*
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

20th April to 26th April 2026

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Morning	Candle Pool Sound Meditation 8.30am £18	Candle Pool Sound Meditation 8.30am £18	Candle Pool Sound Meditation 8.30am £18			Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £18	Threshold Cycle Fitness Class 8.45am Complimentary		Qigong: The Five Elements 12.00pm £18	Energy Reset Meditation 10.30am £18	Threshold Cycle Fitness Class 8.45am Complimentary
Afternoon	Sound Bathing 2.00pm £20	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	Art of Self Reiki 12.00pm £18	Gut Health & Fermentation Workshop 1.10pm Twilight Bar £35	Fashion Tips Workshop 3.00pm		Country Stroll 2.00pm Complimentary
	Fashion Tips Workshop 3.00pm	Country Stroll 2.00pm Complimentary	Fashion Tips Workshop 3.00pm	Thrive Within: Guided Meditation 3.00pm £18	Sound Bathing 5:10pm £20	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
Evening		Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*	Premium Skincare Workshop 5.00pm £10 Redeemable*			

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T&C's apply* - Experiences are subject to change