





# ENRICHMENT WORKSHOP TIMETABLE

18th May to 24th May 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		Introduction to Tai Chi 7:45am Complimentary	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £18	Art of Self Reiki 12.00pm £18		Qigong: The Five Elements 12.00pm £18	Energy Reset Meditation 10.30am £18	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Sound Bathing 2.00pm £20	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*		Thrive Within: Guided Meditation 3.00pm £18	Fashion Tips Workshop 3.00pm	Cocktail Demonstration 3.30pm Complimentary <b>Twilight Bar</b> <i>NEW</i>	Nordic Walking 2.00pm Complimentary
	Fashion Tips Workshop 3.00pm	Nordic Walking 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*				

-  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

25th May to 31st May 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		Introduction to Tai Chi 7:45am Complimentary	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*	
	Natural Finish Makeup Masterclass 11.00am £10 Redeemable*	Energy Reset Meditation 10.30am £18	Art of Self Reiki 12.00pm £18		Qigong: The Five Elements 12.00pm £18	Energy Reset Meditation 10.30am £18	Easy Sunday Makeup Masterclass 11.00am £10 Redeemable*
Afternoon	Sound Bathing 2.00pm £20	Flawless Finish Makeup Masterclass 11.00am £10 Redeemable*		Moon Meditation 3.00pm £18	Fashion Tips Workshop 3.00pm	Cocktail Demonstration 3.30pm Complimentary <b>Twilight Bar</b>	Nordic Walking 2.00pm Complimentary
	Fashion Tips Workshop 3.00pm	Nordic Walking 2.00pm Complimentary	Fashion Tips Workshop 3.00pm		Sound Bathing 5:00pm £20	Clarins Makeup Masterclass 4.00pm £10 Redeemable*	
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