

REST



# INTRODUCTION

## Seasonal Reset

*As we approach autumn, and summer draws to a close, turn your attention to slowing down, finding stillness, and weaving rest into the remaining months of the year.*

*Be sure to call back the energy you've exerted elsewhere by taking time to yourself and engaging in gentle practices that cultivate a sense of calm.*

*Recharge your batteries at Ragdale Hall Spa.*



# FITNESS CLASSES AND WORKSHOPS

Step into this restorative chapter of *Rest* with thoughtfully curated workshops and fitness classes that allow you to call back the energy you've poured into the world and cultivate calm.



# COCKTAIL DEMONSTRATION

**Every Tuesday and Thursday throughout September to November**

**3.30pm Twilight Bar | £5 redeemable | *Subject to change***

Experience a live demonstration with our expert mixologists as they craft signature drinks, sharing insights into flavour balance, technique, and presentation. You'll have the chance to taste each creation as it's made.

The session rounds off with a light-hearted quiz, and the winner receives one of the expertly crafted drinks showcased during the demonstration to enjoy.

# ENERGY RESET MEDITATION

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

Gently ease into stillness with mindful breathing, quiet reflection, and a soothing story to settle the mind. As tension melts away and your inner pace softens, you'll create space to welcome the day with calm, openness, and a renewed sense of presence.

# RECLAIM YOUR SLEEP with Sleep Expert Sarah-Louise



**Wednesday 16<sup>th</sup> & 30th September | Wednesday 14th & 28th October**

**Wednesday 4th & 18th November | 8.00pm | The Pavilion | Complimentary**

Struggling with sleeplessness and feeling it affect your wellbeing, work or relationships? Running on caffeine and adrenaline can only last so long.

Join expert sleep therapist Sarah Louise for a workshop designed to help you rebuild confidence in your ability to sleep well and learn practical tools for creating a calmer, healthier relationship with rest.

# MENOPAUSE MONTH

## MANAGING MENOPAUSE WITH EXERCISE TALK

1<sup>st</sup>, 6<sup>th</sup>, 15<sup>th</sup> and 20<sup>th</sup> October | 3.45pm | Heart Studio | Complimentary

Discover the powerful connection between menopause, exercise, and bone health in this practical and informative talk. Learn how hormonal changes during menopause can impact bone strength and increase the risk of osteoporosis, often known as the silent disease. We'll explore the importance of movement, nutrition, and lifestyle choices in maintaining strong bones, reducing fracture risk, and supporting physical, mental, and emotional wellbeing

## MENOFIT

*Please see fitness timetable | Throughout October | Complimentary*

A gentle, energising class designed to support heart health, boost energy, lift mood and help manage weight. It combines adaptable cardio, mobility and balance exercises to keep you active and feeling well.

## MENOSTRONG

*Please see fitness timetable | Throughout October | Complimentary*

Changing hormone levels lead to decreases in bone density and muscle tissue which increases the risk of osteoporosis and slows the metabolism, resulting in weight gain. Fortunately, carefully designed resistance training addresses both problems, improving bone health and maintaining muscle, helping you to build lasting physical resilience.

## PERSONAL TRAINING FOR MENOPAUSE

Throughout October | **Special Offer £39 usually £49**

A personalised session offering guidance and support through the physical and emotional changes of menopause. Focuses on mood, metabolism, bone health, muscle strength and cardiovascular fitness to help you stay active and well.

# MEET OUR EXPERTS...

*With over 20 years of experience shaping transformative wellness workshops at Ragdale Hall Spa, our specialists have honed their craft to create a nurturing sanctuary where you can safely explore something new, supported by both expertise and a calming environment.*



# SOUND HEALING

with Jenifer Taylor

**Every Thursday through October | 3.00pm | The Retreat | £18**

Step into an adventure of self-discovery inspired by the four directions and ancient earth wisdom. Through breathwork, meditation, gentle drumming, and a hands-on healing demonstration, you'll reconnect with your intuition, rediscover your unique gifts, and honour the wisdom of those who came before you. A grounding and empowering journey inward, leaving you centred, inspired, and ready to embrace who you truly are.

# CANDLE POOL SOUND MEDITATION

**Every Monday, Tuesday and Wednesday | 8.30am | Candle Pool in Thermal Spa | £18**

Unwind in the Candle Pool as warm water, candlelight, and Tibetan singing bowls guide you into deep relaxation. This tranquil experience helps calm the mind, ease stress, and restore inner balance.

# ORACLE CARDS AND GUIDANCE

with Jenifer Taylor

**Every Thursday through September | 5<sup>th</sup> & 19<sup>th</sup> November**

**3.00pm | The Retreat | £18**

This session begins with a guided meditation to center yourself, creating a sacred space for reflection and insight. In a small group of six, you will intuitively select three Oracle Cards, revealing guidance on the past, present, and offering insight to support the next steps of your journey. With over 20 years of experience, Jenifer will share practical ways to work with your cards daily, including journaling, card reading techniques, cleansing, and storage. This experience provides a calm, intuitive space for connection and wisdom.

# SELF REIKI

with Jon Jarvis

**Every Wednesday | 12.00pm | Soul Studio | £18**

Step into a peaceful 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.

# TEN TAI CHI

with Jon Jarvis

**Every Friday | 12.00pm | Soul Studio | £18**

Discover the gentle art of movement, balance, and wellbeing. Ten Tai Chi offers relaxing, easy-to-follow classes designed to improve flexibility, strength, posture, and inner calm. Suitable for all ages and abilities, our sessions provide a welcoming space to reduce stress, boost energy, and enhance overall health through mindful movement.

# WREATH MAKING

with Beauty and the Rose



**26th November & 10th December | 11.00am | Twilight Bar | £48**

Celebrate the season with a festive workshop where you'll craft your own beautiful Christmas wreath. Using seasonal foliage and charming decorations, our talented florist, Katherine will guide you step-by-step to create a unique piece perfect for your home.

# DATES FOR THE DIARY

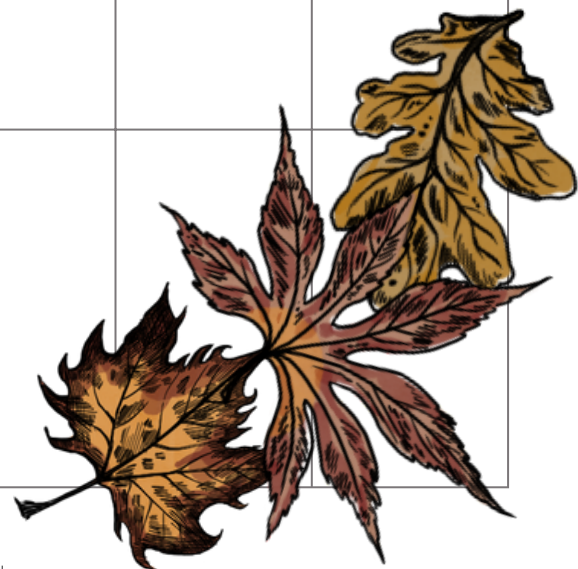


Here's a calendar of what to look forward to during this season of *Rest*.



# SEPTEMBER

| SUN | MON | TUE                                                      | WED                                                              | THU                                        | FRI               | SAT                              |
|-----|-----|----------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------|-------------------|----------------------------------|
|     |     | 1<br>Energy Reset<br>Meditation<br><br>Cocktail<br>Demo  | 2<br>Self Reiki                                                  | 3<br>Oracle Cards<br><br>Cocktail<br>Demo  | 4<br>Ten Tai Chi  | 5<br>Energy Reset<br>Meditation  |
| 6   | 7   | 8<br>Energy Reset<br>Meditation<br><br>Cocktail<br>Demo  | 9<br>Self Reiki                                                  | 10<br>Oracle Cards<br><br>Cocktail<br>Demo | 11<br>Ten Tai Chi | 12<br>Energy Reset<br>Meditation |
| 13  | 14  | 15<br>Energy Reset<br>Meditation<br><br>Cocktail<br>Demo | 16<br>Reclaim Your<br>Rest - Sleep<br>Workshop<br><br>Self Reiki | 17<br>Oracle Cards<br><br>Cocktail<br>Demo | 18<br>Ten Tai Chi | 19<br>Energy Reset<br>Meditation |
| 20  | 21  | 22<br>Energy Reset<br>Meditation<br><br>Cocktail<br>Demo | 23<br>Self Reiki                                                 | 24<br>Oracle Cards<br><br>Cocktail<br>Demo | 25<br>Ten Tai Chi | 26<br>Energy Reset<br>Meditation |
| 27  | 28  | 29<br>Energy Reset<br>Meditation<br><br>Cocktail<br>Demo | 30<br>Self Reiki<br><br>Reclaim Your<br>Rest - Sleep<br>Workshop |                                            |                   |                                  |



Classes and workshops are subject to change

# OCTOBER



| SUN | MON                   | TUE                                                                                                         | WED                                            | THU                                                                                                             | FRI               | SAT                                 |
|-----|-----------------------|-------------------------------------------------------------------------------------------------------------|------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------|-------------------------------------|
|     |                       |                                                                                                             |                                                | 1<br>Sound Healing<br>Meditation<br><br>Cocktail<br>Demo                                                        | 2<br>Ten Tai Chi  | 3<br>Energy<br>Reset<br>Meditation  |
| 4   | 5<br>Cocktail<br>Demo | 6<br>Energy Reset<br>Meditation<br><br>Managing<br>Menopause<br>with Exercise<br>Talk<br><br>Cocktail Demo  | 7                                              | 8<br>Sound Healing<br>Meditation<br><br>Cocktail<br>Demo                                                        | 9<br>Ten Tai Chi  | 10<br>Energy<br>Reset<br>Meditation |
| 11  | 12                    | 13<br>Energy Reset<br>Meditation<br><br>Cocktail Demo                                                       | 14<br>Reclaim Your<br>Rest - Sleep<br>Workshop | 15<br>Sound Healing<br>Meditation<br><br>Cocktail<br>Demo<br><br>Managing<br>Menopause<br>with Exercise<br>Talk | 16<br>Ten Tai Chi | 17<br>Energy<br>Reset<br>Meditation |
| 18  | 19                    | 20<br>Energy Reset<br>Meditation<br><br>Managing<br>Menopause<br>with Exercise<br>Talk<br><br>Cocktail Demo | 21                                             | 22<br>Sound Healing<br>Meditation<br><br>Cocktail<br>Demo                                                       | 23<br>Ten Tai Chi | 24<br>Energy<br>Reset<br>Meditation |
| 25  | 26                    | 27<br>Energy Reset<br>Meditation<br><br>Cocktail<br>Demo<br><br>Classes and workshops are subject to change | 28<br>Reclaim Your<br>Rest - Sleep<br>Workshop | 29<br>Sound Healing<br>Meditation<br><br>Cocktail<br>Demo                                                       | 30<br>Ten Tai Chi | 31<br>Energy<br>Reset<br>Meditation |



# NOVEMBER

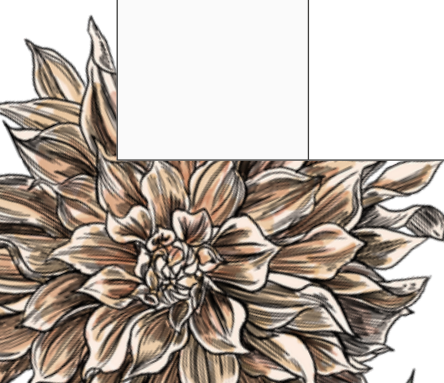
| MON | TUE                                                         | WED                                              | THU                                                                       | FRI               | SAT | SUN                                 |
|-----|-------------------------------------------------------------|--------------------------------------------------|---------------------------------------------------------------------------|-------------------|-----|-------------------------------------|
|     |                                                             |                                                  |                                                                           |                   |     | 1<br>Energy<br>Reset<br>Meditation  |
| 2   | 3<br>Cocktail<br>Demo<br><br>Energy<br>Reset<br>Meditation  | 4<br>Reclaim<br>your Rest -<br>Sleep<br>Workshop | 5<br>Oracle<br>Cards &<br>Guidance<br><br>Cocktail<br>Demo                | 6<br>Ten Tai Chi  | 7   | 8<br>Energy<br>Reset<br>Meditation  |
| 9   | 10<br>Cocktail<br>Demo<br><br>Energy<br>Reset<br>Meditation | 11                                               | 12<br>Sound<br>Healing<br>Meditation<br><br>Cocktail<br>Demo              | 13<br>Ten Tai Chi | 14  | 15<br>Energy<br>Reset<br>Meditation |
| 16  | 17<br>Cocktail<br>Demo<br><br>Energy<br>Reset<br>Meditation | 18                                               | 19<br>Oracle<br>Cards &<br>Guidance<br><br>Cocktail<br>Demo               | 20<br>Ten Tai Chi | 21  | 22<br>Energy<br>Reset<br>Meditation |
| 23  | 24<br>Cocktail<br>Demo<br><br>Energy<br>Reset<br>Meditation | 25                                               | 26<br>Christmas<br>Wreath<br>Making<br><br>Sound<br>Healing<br>Meditation | 27<br>Ten Tai Chi | 28  | 29<br>Energy<br>Reset<br>Meditation |
| 30  |                                                             |                                                  |                                                                           |                   |     |                                     |

Classes and workshops are subject to change

# DECEMBER



| SUN | MON | TUE                                 | WED | THU                                 | FRI | SAT                              |
|-----|-----|-------------------------------------|-----|-------------------------------------|-----|----------------------------------|
|     |     | 1<br>Energy<br>Reset<br>Meditation  | 2   | 3                                   | 4   | 5<br>Energy Reset<br>Meditation  |
| 6   | 7   | 8<br>Energy<br>Reset<br>Meditation  | 9   | 10<br>Christmas<br>Wreath<br>Making | 11  | 12<br>Energy Reset<br>Meditation |
| 13  | 14  | 15<br>Energy<br>Reset<br>Meditation | 16  | 17                                  | 18  | 19<br>Energy Reset<br>Meditation |
| 20  | 21  | 22<br>Energy<br>Reset<br>Meditation | 23  | 24                                  | 25  | 26<br>Energy Reset<br>Meditation |
| 27  | 28  | 29<br>Energy<br>Reset<br>Meditation | 30  | 31                                  |     |                                  |



Classes and workshops are subject to change