

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 16th & 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

1st, 6th, 15th and 20th 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.



All classes/workshops times and dates are subject to change

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

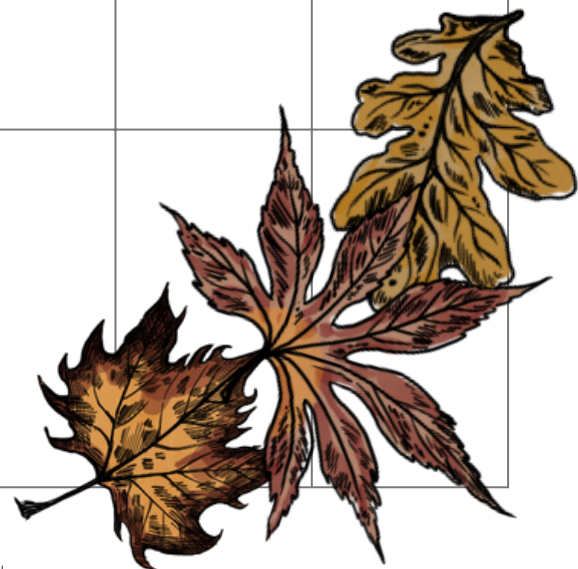


Here's a calendar of what to look forward to during this season of *Rest*.



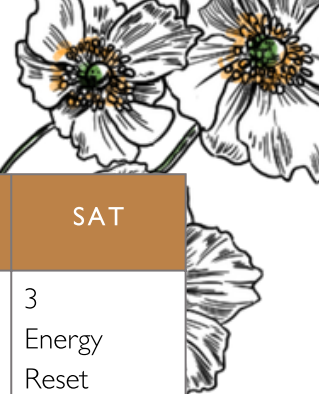
SEPTEMBER

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



Classes and workshops are subject to change

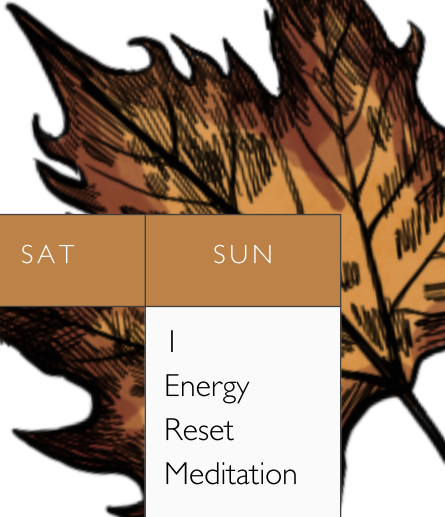
OCTOBER



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



NOVEMBER



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

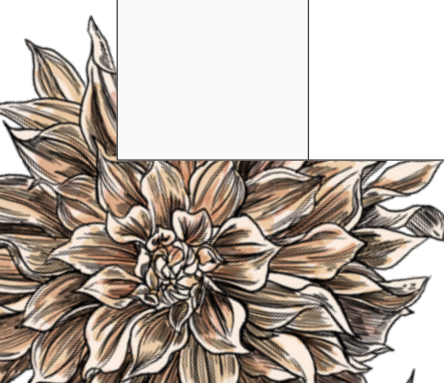


Classes and workshops are subject to change

DECEMBER



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



Classes and workshops are subject to change