



MIDDLETON LODGE

MIND & BODY RETREAT

WED 16 - FRI 18 JAN 2019

DAY 1

12:00 Arrive & personal consultation
13:00 Lunch and nutrition talk
16:00 Afternoon smoothie and healthy snack
16:30 Fitness training
17:30 Restorative Pilates class
19:30 Dinner

DAY 2

07:45 Herbal Teas
08:00 Dynamic strength class or run, jog or walk
09:00 Breakfast
10:45 Mindful posture & movement workshop
12:00 Kitchen Garden tour
13:00 Lunch and cooking demo
16:00 Afternoon smoothie and healthy snack
16:30 Fitness training
17:30 Restorative Pilates class
19:30 Dinner

DAY 3

07:45 Herbal teas
08:00 Dynamic strength class or run, jog or walk
09:00 Breakfast
11:00 Healthy snacks & depart

| OCCUPANCY | STANDARD ROOM | COMFY ROOM | SUITE |
|-----------|---------------|------------|--------|
| Single | £450pp | £525pp | £600pp |
| Double | £325pp | £400pp | £450pp |