



MIDDLETON LODGE

NUTRITION & WELLBEING
RETREAT

THUR 10 - FRI 11 JAN 2019

DAY 1

- 12:00 Arrive & personal consultation
- 13:00 Lunch and nutrition workshop
- 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
- 12:30 Healthy snacks & depart

OCCUPANCY	STANDARD ROOM	COMFY ROOM	SUITE
Single	£250	£300	£350
Double	£200	£225	£250