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HECKFIELD PLACE ACTIVITIES - 7TH - 13TH AUGUST

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM	YOGA (60 MINS)	YOGA (60 MINS)	PILATES (60 MINS)	WOODLAND MOVEMENT (60 MINS)	SAUNA MEDICINE (60 MINS)	WOODLAND MOVEMENT (60 MINS)	SAUNA MEDICINE (60 MINS)
9.30 AM		HIMALAYAN BREATHWORK (30 MINS)					
10 AM						HOME FARM COOKING EXPERIENCE WITH LUNCH £150 PER PERSON (10AM - 1PM)	
11 AM	WOODLAND MOVEMENT (60 MINS)		YOGA (60 MINS)	HIMALAYAN BREATHWORK (30 MINS)	YOGA (60 MINS)	YOGA (60 MINS)	YOGA (60 MINS)
11 AM	WOODLAND WALK (60 MINS)	FARM TOUR (90 MINS)	WILDLIFE TOUR (90 MINS)	MARKET GARDEN TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)
1.30 PM	FOREST BATHING WALK (90 MINS)	WOODLAND MOVEMENT (60 MINS)		MEDITATION (30 MINS)		MEDITATION (30 MINS)	
2 PM		JOIN OUR RESIDENT FLORIST AT WORK MEET AT THE STUDY (60 MINS)	FOREST BATHING WALK (90 MINS)		JOIN OUR RESIDENT FLORIST AT WORK MEET AT THE STUDY (60 MINS)	FOREST BATHING WALK (90 MINS)	
2.30 PM	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)
3 PM					FORAGED COCKTAIL MAKING WORKSHOP £130 PER PERSON (3PM - 5PM)		
3 PM					BIRD WATCHING (60 MINS)		
4 PM	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE
4.30 PM			HIMALAYAN BREATHWORK (30 MINS)	YOGA (60 MINS)	HIMALAYAN BREATHWORK (30 MINS)	HIMALAYAN BREATHWORK (30 MINS)	PILATES (60 MINS)
7.15PM			ASTEROID CITY 12A				

DAILY INCLUSIVE ACTIVITIES	GUIDED NATURE WALK	HECKFIELD TREE HUNT	BIKES & ELECTRIC BIKES	PETANQUE	BADMINTON	CROQUET	
ADDITIONAL ACTIVITIES AT HECKFIELD	MOVEMENT CLASSES £35 per person	FOREST BATHING WALK £50 per person	ESTATE ACTIVITIES £25 per person	SCREENING £25 per person	PERSONAL TRAINING PILATES YOGA HECKFIELD TRAIL RUN GUIDED BIKE RIDE (60 MINS) £110 per session (up to 2)	PILATES REFORMER (60 MINS) £110 per session for 1 person	BOATING (45 MINS) £50 per couple
ADDITIONAL ACTIVITIES OFF THE ESTATE	TENNIS	RIDING	GOLF	CLAY PIGEON SHOOTING			

Prices are subject to a 10% discretionary service charge and 24 hour cancellation policy. Please contact The Study to check availability.