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HECKFIELD PLACE ACTIVITIES - 15TH - 21ST MAY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5.30 AM				DAWN CHORUS WALK (60 MINS)			
8 AM	SAUNA MEDICINE (60 MINS)	YOGA (60 MINS)	YOGA (60 MINS)	YOGA (60 MINS)	YOGA (60 MINS)	SAUNA MEDICINE (60 MINS)	SAUNA MEDICINE (60 MINS)
9 AM						PRODUCE SALE AT HOME FARM 9AM – 1PM	
9.30 AM							FOREST BATHING WALK (90 MINS)
11 AM	FOREST BATHING WALK (90 MINS)	WOODLAND MOVEMENT (60 MINS)	WOODLAND MOVEMENT (60 MINS)	HIMALAYAN BREATHWORK (30 MINS)		HIMALAYAN BREATHWORK (30 MINS)	YOGA (60 MINS)
11 AM	WOODLAND WALK (90 MINS)	FARM TOUR (90 MINS)	WILDLIFE TOUR (90 MINS)	MARKET GARDEN TOUR (90 MINS)	ORNAMENTAL GARDEN WALK (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)
1.30 PM	PILATES (60 MINS)	PILATES (60 MINS)			SAUNA MEDICINE (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					BIRDWATCHING (60 MINS)		
4 PM	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE
5 PM	MEDITATION (30 MINS)	WOODLAND MOVEMENT (60 MINS)	PILATES (60 MINS)	SAUNA MEDICINE (60 MINS)	WOODLAND MOVEMENT (60 MINS)	YOGA (60 MINS)	

DAILY INCLUSIVE ACTIVITIES	GUIDED NATURE WALK	HECKFIELD TREE HUNT	BIKES & ELECTRIC BIKES	PETANQUE	BADMINTON	CROQUET
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ADDITIONAL ACTIVITIES AT HECKFIELD	MOVEMENT CLASSES £35 per person	FOREST BATHING WALK £50 per person	ESTATE ACTIVITIES £25 per person	PERSONAL TRAINING PILATES YOGA HECKFIELD TRAIL RUN (60 MINS) £110 per session (up to 2)	COLD WATER IMMERSION (60 MINS) £150 per session (up to 2)	PILATES REFORMER (60 MINS) £110 per session for 1 person	BOATING (45 MINS) £50 per couple
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ADDITIONAL ACTIVITIES OFF THE ESTATE	TENNIS	RIDING	GOLF	CLAY PIGEON SHOOTING
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Prices are subject to a 10% discretionary service charge and 24 hour cancellation policy. Please contact The Study to check availability.