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HECKFIELD PLACE ACTIVITIES - 30TH JANUARY - 5TH FEBRUARY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7.30 AM	YOGA (60 MINS)						
8 AM				YOGA (60 MINS)	YOGA (60 MINS)	PILATES (60 MINS)	GUIDED JOURNALLING (60 MINS)
9.30 AM	COLD WATER IMMERSION (60 MINS)					YOGA (60 MINS)	YOGA (60 MINS)
11 AM			YOGA (60 MINS)	STRETCHING (60 MINS)	COLD WATER IMMERSION (60 MINS)	FOREST BATHING WALK (90 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)	WOODLAND MOTION (60 MINS)			FOREST BATHING WALK (90 MINS)		STRETCHING (60 MINS)
2 PM	FOREST BATHING WALK (90 MINS)		MEDITATION (60 MINS)			COLD WATER IMMERSION (60 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)	SLEEP WELL WALK (60 MINS)	
4 PM	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE
4 PM					MEDITATION (30 MINS)		
5 PM				PILATES (60 MINS)			
7.15 PM		SCREENING		SCREENING			SCREENING

DAILY INCLUSIVE ACTIVITIES	GUIDED NATURE WALK	HECKFIELD TREE HUNT	BIKES & ELECTRIC BIKES	PETANQUE
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ADDITIONAL ACTIVITIES AT HECKFIELD	MOVEMENT CLASSES £25 per person	FOREST BATHING WALK £40 per person	ESTATE ACTIVITIES £15 per person	WELLBEING SESSION WITH AMY £50 per person	FILMS £18 per person LIVE SCREENINGS (theatre, ballet) £25 per person	PERSONAL TRAINING PILATES YOGA HECKFIELD TRAIL RUN (60 MINS) £100 per session (up to 2)	COLD WATER IMMERSION (60 MINS) £150 per session (up to 2)	PILATES REFORMER (60 MINS) £100 per session for 1 person
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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.