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HECKFIELD PLACE ACTIVITIES - 23RD - 29TH OCTOBER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM	YOGA (60 MINS)	PILATES (60 MINS)			WOODLAND MOVEMENT (60 MINS)	SAUNA MEDICINE (60 MINS)	
9 AM							WOODLAND MOVEMENT (60 MINS)
9.30 AM				SAUNA MEDICINE (60 MINS)	HIMILAYAN BREATHWORK (30 MINS)		
10 AM						HOME FARM COOKING EXPERIENCE WITH LUNCH £150 PER PERSON (10AM - 1PM)	
11 AM	HIMILAYAN BREATHWORK (30 MINS)	WOODLAND MOVEMENT (60 MINS)	WOODLAND MOVEMENT (60 MINS)			YOGA (60 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 TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)
1.30 PM		HIMILAYAN BREATHWORK (30 MINS)	HIMILAYAN BREATHWORK (30 MINS)	YOGA (60 MINS)		HIMILAYAN BREATHWORK (30 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							OPPENHEIMER (15)
4 PM	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE
4.30 PM		YOGA (60 MINS)	YOGA (60 MINS)			WOODLAND MOVEMENT (60 MINS)	
5 PM					GRATITUDE NATURE IMMERSION (60 MINS)		

DAILY INCLUSIVE ACTIVITIES	GUIDED NATURE WALK	HECKFIELD TREE HUNT	PETANQUE	BADMINTON	CROQUET		
ADDITIONAL ACTIVITIES AT HECKFIELD	MOVEMENT CLASSES £35 per person	ESTATE ACTIVITIES £25 per person	GRATITUDE NATURE IMMERSION £50 per person	SCREENING £25 per person	PERSONAL TRAINING PILATES YOGA HECKFIELD TRAIL RUN GUIDED BIKE RIDE (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
ADDITIONAL ACTIVITIES OFF THE ESTATE	TENNIS	RIDING	CLAY PIGEON SHOOTING				

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