



HECKFIELD PLACE ACTIVITIES - 3RD - 9TH JUNE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM		MEDITATION (30 MINS)	WOODLAND MOVEMENT (60 MINS)			HIMALAYAN BREATHWORK (30 MINS)	MEDITATION (30 MINS)
9.30 AM			HIMALAYAN BREATHWORK (30 MINS)	PILATES (60 MINS)	SAUNA MEDICINE (60 MINS)	SAUNA MEDICINE (60 MINS)	SAUNA MEDICINE (60 MINS)
10 AM						HOME FARM COOKING EXPERIENCE WITH LUNCH £150 per person (10AM - 1PM)	
11 AM		FARM TOUR (90 MINS)	WOODLAND WALK (90 MINS)	MARKET GARDEN TOUR (90 MINS)	ORNAMENTAL GARDEN TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)
1.30 PM					STRETCHING (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		HIMALAYAN BREATHWORK (30 MINS)			FORAGED COCKTAIL MAKING WORKSHOP £130 per person (3PM - 5PM)	PILATES (60 MINS)	
3.30 PM	TEA & CAKE (3.30 - 5 PM)	TEA & CAKE (3.30 - 5 PM)	TEA & CAKE (3.30 - 5 PM)	TEA & CAKE (3.30 - 5 PM)	TEA & CAKE (3.30 - 5 PM)	TEA & CAKE (3.30 - 5 PM)	TEA & CAKE (3.30 - 5 PM)
4 PM							HIGH & LOW : JOHN GALLIANO (15)

DAILY INCLUSIVE ACTIVITIES	GUIDED NATURE WALK	HECKFIELD TREE HUNT	BADMINTON	PETANQUE	CROQUET	BIKES & ELECTRIC BIKES	WILD SWIMMING	
ADDITIONAL ACTIVITIES AT HECKFIELD	SCREENING £25 per person	PICNIC £60 per picnic (serves 2)	BOATING £70 PER BOAT (seats 2 adults or 1 adult & 2 children)			BOTHY MOVEMENT & WELLBEING SESSIONS	YOGA, PILATES, BREATHWORK, STRETCHING, BREATHWORK, MEDITATION, WOODLAND MOVEMENT £50 per person	SAUNA MEDICINE £100 per person
ADDITIONAL ACTIVITIES OFF THE ESTATE	TENNIS	RIDING	CLAY PIGEON SHOOTING	GOLF		PRIVATE WELLBEING SESSIONS	YOGA, PILATES, PILATES REFORMER, BREATHWORK, STRETCHING, WOODLAND MOVEMENT, FOREST BATHING WALK, AQUATIC MOVEMENT. 60 MINS £150 FOR 1 PERSON / 60 MINS £200 FOR 2 PERSONS 90 MINS £200 FOR 1 PERSON / 90 MINS £250 FOR 2 PERSONS	

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