



HECKFIELD PLACE ACTIVITIES - 15TH - 21ST APRIL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM							
9.30 AM			SAUNA MEDICINE (60 MINS)	PILATES (60 MINS)	SAUNA MEDICINE (60 MINS)	WOODLAND MOVEMENT (60 MINS)	SAUNA MEDICINE (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)
11.30 AM			MEDITATION (30 MINS)	WOODLAND MOVEMENT (60 MINS)		YOGA (60 MINS)	HIMALAYAN BREATHWORK (30 MINS)
1.30 PM	COLD WATER IMMERSION (60 MINS)	PILATES (60 MINS)					PILATES (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					STRETCHING (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							POOR THINGS (18)

DAILY INCLUSIVE ACTIVITIES	GUIDED NATURE WALK	HECKFIELD TREE HUNT		
ADDITIONAL ACTIVITIES AT HECKFIELD	SCREENING £25 per person	PICNIC £60 per picnic (serves 2)		
ADDITIONAL ACTIVITIES OFF THE ESTATE	TENNIS	RIDING	CLAY PIGEON SHOOTING	GOLF

BOTHY MOVEMENT & WELLBEING SESSIONS	YOGA, PILATES, BREATHWORK, STRETCHING, MEDITATION, COLD WATER IMMERSION, WOODLAND MOVEMENT £50 per person	SAUNA MEDICINE £100 per person
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.