

## Swallow Park Retreat June 2021 - Schedule

**Price - £75 for one day or £125 for both days, non-residential.**

Glamping is available through Swallow Park, if you wish to enhance your retreat by staying in one of the luxury accommodations with its own hot-tub.

### **Saturday**

|                 |  |                                |
|-----------------|--|--------------------------------|
| 10.00 -10.15am  | Meet & Greet                               | All                            |
| 10.15 - 11am    | Zumba Fitness                              | George                         |
| 11 - 11:30am    | Coffee Break                               | Coffee available at extra cost |
| 11:30 - 12:30pm | Yoga Flow                                  | Nathan                         |
| 12:30 - 1.15pm  | Lunch – Superfood Salad                    | Coffee available at extra cost |
| 1:15 - 2:45pm   | Finding your Centre & Grounding - Workshop | Nathan                         |
| 3 - 4:30pm      | You and Your Posture - Workshop            | George                         |
| 4:30 - 5pm      | Pranayama & Guided Relaxation              | Nathan                         |
| 5pm             | Meal – Mango Veg Curry                     | To eat there or take home      |

### **Sunday**

|                 |  |                                |
|-----------------|--|--------------------------------|
| 9:30 - 10:30am  | Wake Up – Pilates & Yoga                         | George & Nathan                |
| 10:30 - 11:00am | Germanic breads & Fruit, Granola & Yoghurt bowls | Coffee available at extra cost |
| 11:00 - 12:00pm | Oil Blending - Workshop                          | George & Nathan                |
| 12:00 - 1:30pm  | Reformer on the Mat - Workshop                   | George                         |
| 1.30 - 2:15pm   | Late lunch – Bruschetta Selection & Soup         | Coffee available at extra cost |
| 2:30 - 4pm      | Restorative Yoga & Meditation                    | Nathan                         |
| 4:30-5pm        | Create a Homemade Natural Facial                 | Nathan                         |
| 5pm             | Farewells  |                                |