

PILATES WEEKEND RETREAT PROGRAMME 27 SEPTEMBER - 29 SEPTEMBER 2019

			CONFERENCE ROOM - GROUND FLOOR	DANCE STUDIO 1ST FLOOR
FRIDAY	From 4.30		Arrival	
	6.15 - 7.00		Welcome Wind Down	Welcome Wind Down
	7.30	DINNER		
	9.00 - 9.30		Guided Relaxation/Meditation	Guided Relaxation / Meditation
SATURDAY	7.45 - 8.30		walk	Wake up and Stretch
	8.30 - 9.30	BREAKFAST		
	10.30 - 12.00		Dynamic Core Pilates Workout	Gentler core pilates workout
	1.00 - 2.00	LUNCH		
	2.45 - 3.45		Qi Gung and Energy Balancing	Small movements
	4.15 - 5.15		Qi Gung and Energy Balancing	Classical mat flow
	7.30	DINNER		
	9.00 - 9.30			Yoga Nidra with mantra meditation
SUNDAY	7.45 - 8.30		Wake up and stretch	Wake up and stretch
	8.30 - 9.30	BREAKFAST		
	10.15 - 11.15		Rotation and elongation	Upper body - Lengthen, strengthen + align
	11.45 - 12.45		Rotation and elongation	Upper body - lengthen, strengthen + align
	1.00 - 2.00	LUNCH		
	2.15 - 2.30		Closing Circle	
	2.30 - 3.00		Free time - walk to lake ?	
	3.00pm		Goodbye tea and cake in library	
	3.30pm	HOME		

PLEASE NOTE THIS IS JUST AN EXAMPLE OF THE WEEKEND SCHEDULE. EXACT CLASSES ON OFFER WILL BE CONFIRMED NEARER THE TIME SUBJECT TO THE NEEDS OF THE GROUP

