

WELLNESS *Weekend*

Cotswold Park Barns

23rd-26th May 2025

Friday

4-5pm Arrival

5pm Welcome Talk and Spritzers

5:30-6:00pm Mini Mindfulness Session

7-9pm Dinner

Saturday

7:30am On the Glow Smoothie

8:00am Energising Vinyasa Yoga (60 mins)

9:30am Breakfast

11:00am Nutrition Workshop with AfN Nutritionist (60 mins)

1:30pm Lunch

Now is your time to relax, use the wood-fired hot tub, or explore the local area.

5:30pm Sound Bath

7-9pm Dinner

Sunday

8:30am Wake me Up Smoothie

9:00am Recharging Vinyasa Yoga (60 mins)

10:30am Breakfast

12:00pm Nutrition Workshop with AfN Nutritionist

2pm Lunch

Now is your time to relax, pick up a book or explore.

5:00pm - 6:00pm Restorative Yin Yoga (60 mins)

7-9pm Dinner

Monday

7:30am Ready and Recharged Smoothie

8am Reviving Vinyasa Yoga (60 mins)

9am Breakfast

10am Checkout

Please note the schedule is subject to change.

Treatments must be pre-booked and time slots are available on a first come first served basis.

Please see your confirmation email for more details!