



HECKFIELD PLACE ACTIVITIES - 7<sup>TH</sup> - 13<sup>TH</sup> OCTOBER

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM			YOGA (60 MINS)		COLD WATER IMMERSION (60 MINS)	MEDITATION (30 MINS)	HIMALAYAN BREATHWORK (30 MINS)
9.30 AM	SAUNA MEDICINE (60 MINS)		HIMALAYAN BREATHWORK (30 MINS)	WOODLAND MOVEMENT (60 MINS)	SAUNA MEDICINE (60 MINS)	COLD WATER IMMERSION (60 MINS)	SAUNA MEDICINE (60 MINS)
11 AM	WOODLAND MOVEMENT (60 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	HIMALAYAN BREATHWORK (30 MINS)	YOGA (60 MINS)	PILATES (60 MINS)	PILATES (60 MINS)	WOODLAND MOVEMENT (60 MINS)	YOGA (60 MINS)	PILATES (60 MINS)
1.30 PM		MEDITATION (30 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)
3.30 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							WIDOW CLICQUOT (15)
4.30 PM					HIMALAYAN BREATHWORK (30 MINS)		

DAILY INCLUSIVE ACTIVITIES	GUIDED NATURE WALK	HECKFIELD TREE HUNT	PETANQUE	BIKES & ELECTRIC BIKES
ADDITIONAL ACTIVITIES AT HECKFIELD	SCREENING £25 per person	GROUP MOVEMENT & WELLBEING CLASS £50 per person	SAUNA MEDICINE £100 per person	PRIVATE WELLBEING SESSIONS 60 MINS £150 FOR 1 PERSON 60 MINS £200 FOR 2 PERSONS 90 MINS £200 FOR 1 PERSON 90 MINS £250 FOR 2 PERSONS
ADDITIONAL ACTIVITIES OFF THE ESTATE	TENNIS	RIDING	CLAY PIGEON SHOOTING	GOLF

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

## MOVEMENT AND WELLBEING CLASSES

### YOGA

Yoga can bring freedom of movement, strength, flexibility, coordination and balance into the body while relaxing, grounding and freeing the mind. This, in turn, can lead to better posture and a stronger core.

### PILATES

This class is a wonderful way to lengthen and strengthen your muscles – particularly your abdominal, back and pelvic areas. The class has been created so that its co-ordination, posture and balance skills can be applied throughout everyday life.

### MEDITATION

Cocooned in the tranquil surroundings of The Bothy by Wildsmith and looking out over our beautiful corner of Hampshire countryside, this guided experience provides time and space to allow the mind and body to slow. Benefits of guided meditation include improved relaxation, mental clarity, reduced stress and a sense of inner calm.

### HIMALAYAN BREATHWORK

Experience the power of Himalayan Breathwork to radically shift, balance and enliven the bodies energetic system. These practices flood every cell in your body with prana (energy) whilst taking your mind to a place of deep stillness. Each class is unique depending on the breath set we take. The only requirement is an open mind.

### WOODLAND MOVEMENT

An outdoor body weight interval training, this movement session takes you across our Woodlands and has been carefully designed to lengthen, strengthen, and tone your whole body while improving your cardiovascular fitness. This class can be adapted to all levels.

### STRETCHING

This class is a wonderful way to lengthen your whole body and keep your muscles flexible, strong and healthy. This low intensity class has been created to improve the range of motion in the joints.

### COLD WATER IMMERSION

A chance to offer yourself an experience to plunge into the benefits of cold-water exposure, this session involves a short warm-up and a paced walk or jog to our beautiful Lower Lake. Here you will be guided through a series of stretches, breathing exercises and cold water science before taking a dip. Please note that we advise against swimming in our Lower Lake alone, and all open water dips should be supervised by a member of our trained team.

## GUIDED NATURE WALKS

### WOODLAND WALK

From King Boris Fir to Monterey Pine, explore our Arboretum to learn about our beautiful choreography of trees with one of our arborists. Learn about what we do to continue the legacy of the estate, how we embrace education and networking and visit our Biodynamic tree nursery – the first and only in the UK.

### FARM TOUR

Tour our ever-developing organic farm with a member of the team to learn about how we manage our mixed livestock and arable farm in an organic and regenerative way. Visit our Guernsey herd in the dairy to learn about milking, before seeing our beef herd, varieties of sheep, flock of chickens and saddleback pigs.

### WILDLIFE TOUR

Take a walk with our wildlife warden and resident expert across the estate. Learn about the species that call our 438 acres home, as well as the various habitats we have created. You'll leave with an understanding on the importance of surveying, what we do with this information, as well as the work we do on removing invasive species.

### MARKET GARDEN TOUR

Join a member of the team to see our seasonal herbs, vegetables, fruit and flowers and learn about the principles of biodynamics. Gain an understanding of how the Market Garden supplies our kitchens, while also visiting the polytunnels, glass houses and orchard.

### ORNAMENTAL WALK

Explore and learn about the history of our grounds with our Gardens and Grounds team. See various locations throughout the ornamental and Pleasure Grounds, while gaining an understanding of the different planting schemes in the Upper and Lower Walled Gardens and the Italian Terrace.

### ESTATE TOUR

Explore the wider estate – from the gardens and Pleasure Grounds down to Home Farm. Depart from the House and walk through the historical woodlands and past the lakes while you soak in the history, wildlife and ecology of our 438 acres. Cross into Home Farm and learn about the biodynamic Market Garden – from plot to polytunnels, glass house and orchard. Understand what we grow for the House, see our mixed livestock and learn how we manage them and our arable farm in an organic and regenerative way.

## SAUNA MEDICINE

An immersive journey to an expansive self where time suspends, enveloping you in stillness. Expect gentle warmth as pure essential oils infuse the air and ready the senses for purification of mind and body. Heat slowly intensifies as our practitioners circulate the aroma and the rhythm builds. Led by our sauna practitioners, the 60-minute ritual includes a natural steam scrub, aroma infusions and the traditional technique of leaf whisking. Enjoy your own metamorphosis guided by nature herself.