

Activities Timetable - November

COMBE GROVE

WEDNESDAY 10th

			Location
11.30	Gym Induction 30'	An introduction to the Combe Grove gym. Our coaches will show you how to use the equipment and machines that convert human kinetic energy into electrical energy.	Gym in Coach House
14.00	Dry Stone Walling 60'-120'	Learn the traditional craft of Dry-Stone Walling, with a master craftsman.	Kitchen Garden
14.30	Spin 30' I A	A spin class led by our coach for your cardio fitness.	Spin Studio in The Coach House
15.00	Balance and Strength 20'	A series of moves which have been carefully selected by our coaches to aid mobility and posture.	Oak Room in The Barn
16.00	Yoga 45' B I A	A relaxing yoga flow that uses breath, movement, and mantra to bring you into the present moment.	Oak Room in The Barn
19.30	TED Talks 40'	The Global Movement to restore the worlds biodiversity Every day you live you impact the planet	Oak Room in The Barn

THURSDAY 11th

			Location
08.00	Meet the Trees Walking Tour 120' B I	Explore the woods and see some of the oldest trees on our Estate. Learn how to identify different species using leaves, flowers, fruit, and bark.	Reception in The Main House
10.00	Mobility and Stretching 25' B I A	Gentle stretches which focus on the main muscles of the body to engage flexibility.	Oak Room in The Barn
11.00	Circuits 30' B I A	A series of timed exercises working the whole body, at a pace that suits you.	Oak Room in The Barn
11.30	Gym Induction 30'	An introduction to our nature-inspired gym. Our coaches will show you how to use our equipment and machines that convert human kinetic energy into electrical energy.	Gym in The Coach House
14.00	Wildlife Watching 60'	Learn about our resident wildlife and enjoy a warming cup of tea by the fire.	Reception in The Main House
15.00	Pranayama Breathwork 30' B	A simple but deep breathwork class, to rebalance body and mind. This is a deeply calming practice.	Oak Room in The Barn
16.00	Spin 45' B I A	A spin class within our nature-inspired studio to improve your cardio fitness.	Spin Studio in The Coach House
19.30	Screening 90'	The Future of Wellbeing with Deepak Chopra and Satish Kumar	Oak Room in The Barn

KEY **B** Beginners **I** Intermediate **A** Advanced

Length of activities are denoted in minutes - 25'

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FRIDAY 12th

Location

08.00	Estate Tour 120'	Learn about our Estate Management strategy, the objectives of the Estate Team, the history of the Estate, along with exploring it's flora and fauna.	Reception in The Main House
10.00	Mindfulness Practice 30'	A workshop with our mindfulness coach, who will share methods of developing your own mindful practice; to develop awareness, non-judgement and focus on the present.	Oak Room in The Barn
10.45	Spin 30' B I A	A spin class within our nature-inspired studio to improve your cardio fitness.	Spin Studio in The Coach House
11.30	Gym Induction 30'	An introduction to our nature-inspired gym. Our coaches will show you how to use our equipment and machines that convert human kinetic energy into electrical energy.	Gym in The Coach House
14.00	Kitchen Garden Tour 90'	A guided tour of our Kitchen Garden, where you will learn the ethos and practices behind how we grow our vegetables, including the no-dig philosophy.	Kitchen Garden
14.30	Origami Workshop 45'	Learn the ancient art of origami in this story-based workshop.	The Orangery in the Main House
15.30	Mobility and Stretching 25' B	Gentle stretches which focus on the main muscles of the body to engage flexibility and daily comfort, improving movement and prevention of injuries throughout life.	Oak Room in The Barn
16.30	Invigorating Breathwork Workshop 30'	Invigorating breathwork techniques to encourage a mind-body connection.	Oak Room in The Barn
19.30	Screening 84'	Kiss The Ground - an inspiring and ground-breaking film that reveals the first viable solution to our climate crisis	Oak Room in The Barn

SATURDAY 13th

Location

08.00	Local Nature Walking Tour 120'	A gentle guided walk through the thriving grasslands and woodlands that surround Combe Grove.	Reception in The Main House
10.00	Body Toning 45' I A	Functional exercises including squats, lunges, and abdominal work to help with all over body toning.	Oak Room in The Barn
10.30	Gym Induction 30'	An introduction to our nature-inspired gym. Our coaches will show you how to use our equipment and machines that convert human kinetic energy into electrical energy.	Gym in The Caoch House
11.15	Spin 45' B I A	A spin class within our nature-inspired studio to improve your cardio fitness.	Spin Studio in The Caoch House
13.30	Balance and Strength 20'	A series of moves which have been carefully selected by our coaches to aid mobility and posture.	Oak Room in The Barn
14.00	Circuits 30' B I A	A series of timed exercises working the whole body, at a pace that suits you. Circuits target endurance and aerobics to build strength and muscle.	Studio in The Caoch House
16.00	Aqua Aerobics 60' B I A	A fun aqua aerobics class to energise your body and mind.	Indoor Pool in The Coach House
19.30	Screening talk 80'	Minimalism - a documentary about the important things	Oak Room in The Barn

SUNDAY 14th

Location

14.00	Lawn Games and Board Games 60'	Play Boules, Croquet or garden Jenga, or on a rainy day, enjoy indoor board games.	Front Lawn/The Orangery in The Main House
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