



COMBE GROVE

Rest, restore, reset

Sample Activities Programme



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Individual Treatments, Therapies and Individual Nutritional Consultations Offered Throughout the Day						Free Time to Explore and Experience The Combe Grove Estate & Wellness Facilities
Morning Walk - <i>Exploring The Combe Grove Estate, Nordic Walking Taster, Wildlife Walk, Wellness Walk, Discovering Local Footpaths</i>						
Yoga - <i>Wake Up and Flow</i>						
Brunch						
Lifestyle Workshop <i>Motivation for Change</i>	Lifestyle Workshop <i>The Importance of Sleep</i>	Lifestyle Workshop <i>Foods to Support Metabolic Health</i>	Lifestyle Workshop <i>Store Cupboard Essentials</i>	Lifestyle Workshop <i>Next Steps</i>	Departure	
Gym Inductions	Gym Inductions Individual Exercise Consultations	Supervised Gym Time Individual Exercise Consultations	Supervised Gym Time Individual Exercise Consultations	Supervised Gym Time Individual Exercise Consultations		
Arrival & Greeting	Exercise Taster Sessions <i>Intro to Body Balance Intro to Body Pump</i>	Exercise Taster Sessions <i>Intro to Aqua Aerobics Movement Workshop Creating An Exercise Programme</i>	Exercise Taster Sessions <i>Intro to Group Cycling</i>	Exercise Taster Sessions <i>Intro to Body Balance Intro to Body Pump</i>	Exercise Taster Sessions <i>Intro to Group Cycling</i>	
	Wellness & Creativity Workshop <i>Intro to Reflexology</i>	Wellness & Creativity Workshop <i>Phone Photography</i>	Wellness & Creativity Workshop <i>Bach Flower Remedies</i>	Wellness & Creativity Workshop <i>The Art of Sketching</i>	Wellness & Creativity Workshop <i>The Power of Herbs</i>	
Dinner						
Welcome Gathering <i>An opportunity to meet members of the Combe Grove team</i>	Mindful Activity <i>Yoga, Breathwork, Meditation & Sound Therapy</i>					

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