

# COMBE GROVE

## Metabolic Health Reset Day. Example Timetable.

YOUR DAY
8am to 8.30am Arrival & Welcome. Oak Room, The Barn
8.30am to 9.30am Workshop with Dr Rebecca Hiscutt. Metabolic Health and Introduction to the Five Roots of Wellness. Oak Room, the Barn
9.45am to 11.15am Individual Health check. Treatment Rooms, Main House
11.15am to 12.15pm Brunch in the Orangery, Main House
12.15pm to 1pm Kitchen Garden Tour with Oli Meet at the entrance of the Main House
1pm to 1.45pm Cooking Demo with Oli Oak Room, the Barn
Option to use our facilities, enjoy a pre-booked treatment or attend the following workshops  2pm Movement, The Oak Room, The Barn  2.45pm Sleep, the Library, Main House  3.30pm Relaxation, the Drawing Room, Main House
Supper in the Orangery, Main House
6pm to 6.45pm Mindset for Success Workshop Drawing Room, Main House
6.45pm Closing Ceremony in the Drawing Room, Main House