

# COMBE GROVE

## Metabolic Health Reset Day. Sample Timetable.

YOUR DAY	
8am to 8.30am	Arrival & Welcome. Oak Room, The Barn
8.30am to 9.30am	Introduction to Metabolic Health with Amanda Overeynder Oak Room, the Barn
9.30am to 11.15am	Vision Boarding Workshop with Amanda Randell Cox. Treatment Rooms, Main House
9.45am to 11.15am	Individual Health check with Andi and Maddie. Treatment Rooms, Main House
11.15am to 12.15pm	Brunch in the Orangery, Main House
12.15pm to 1pm	Kitchen Garden Tour with James. Meet at the entrance of the Main House
1pm to 1.45pm	Cooking Demonstration with Oli and Emma. Oak Room, the Barn
Option to use our facilities, or attend the following workshops	
2pm	Movement with Graham, The Oak Room, The Barn
2.45pm	Sleep with Oli, the Library, Main House
3.30pm	Relaxation with Heidi, the Drawing Room, Main House
4.45pm to 6pm	Drinks on the Terrace <i>weather permitting</i> followed by Supper in the Orangery, Main House
6pm to 6.45pm	Mindset for Success Workshop Amanda Overeynder Drawing Room, Main House
6.45pm	Closing Farewell and Next Steps in the Drawing Room, Main House