

# COMBE GROVE

## Metabolic Health Reset Day Sample Timetable

YOUR DAY
8.15am to 8.30am Arrival & Welcome. the Library, Main House
8.30am to 9.30am Introduction to Metabolic Health with Amanda Overeynder the Library, Main House
9.30am to 11.15am Vision Boarding Workshop with Amanda Overeynder the Library, Main House
9.45am to 11.15am Individual Health Check with Maddie, Graham & Andi First Floor 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 Emma Oak Room, the Barn
Option to use our facilities, or attend the following workshops  2pm Movement with Graham, the Orangery, Main House  2.45pm Sleep Workshop with Amanda, the Library, Main House  3.30pm Forest Bathing Walk with Andi, meet <i>outside</i> the Library, 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 Drawing Room, Main House

# COMBE GROVE

## *Rest, restore, reset*

- 1 Main Entrance
- 2 Quarry Woods
- 3 Kitchen Garden
- 4 Top Car Park
- 5 Tennis Courts
- 6 Middle Car Park
- 7 Coach House  
Gym, Studio and  
Indoor Swimming Pool
- 8 Courtyard
- 9 Cedar of Lebanon
- 10 Gazebo
- 11 Main House  
Reception  
Map Room  
Library  
Drawing Room  
1st Floor Treatment  
Rooms
- 12 Orangery
- 13 The Barn -  
Oak Room  
Treatment Rooms  
Orchard Rooms 1 to 9  
Grove Rooms 1 to 9
- 14 Outdoor Pool
- 15 Stone Arch
- 16 Tufa stone Arch
- 17 Oldest Oak Tree

