



HECKFIELD PLACE ACTIVITIES - 5<sup>TH</sup> - 11<sup>TH</sup> AUGUST

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM			PILATES (60 MINS)	WOODLAND MOVEMENT (60 MINS)	MEDITATION (30 MINS)	HIMALAYAN BREATHWORK (30 MINS)	STRETCHING (60 MINS)
9.30 AM	PILATES (60 MINS)	SAUNA MEDICINE (60 MINS)	MEDITATION (30 MINS)	SAUNA MEDICINE (60 MINS)	HIMALAYAN BREATHWORK (30 MINS)	SAUNA MEDICINE (60 MINS)	SAUNA MEDICINE (60 MINS)
11 AM	WOODLAND WALK (90 MINS)	FARM TOUR (90 MINS)	WILDLIFE TOUR (90 MINS)	MARKET GARDEN TOUR (90 MINS)	ORNAMENTAL GARDEN TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)
11.30 AM	WOODLAND MOVEMENT (60 MINS)	MEDITATION (30 MINS)					PILATES (60 MINS)
2 PM				GIN GARDEN EXPERIENCE £130 per person (2 PM - 3.30 PM)			
2.30 PM	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)	ESTATE TOUR (90 MINS)
3.30 PM	TEA & CAKE (3.30 - 5 PM)	TEA & CAKE (3.30 - 5 PM)	TEA & CAKE (3.30 - 5 PM)	TEA & CAKE (3.30 - 5 PM)	TEA & CAKE (3.30 - 5 PM)	TEA & CAKE (3.30 - 5 PM)	TEA & CAKE (3.30 - 5 PM)
4 PM							THE FALL GUY (12)

DAILY INCLUSIVE ACTIVITIES	GUIDED NATURE WALK	HECKFIELD TREE HUNT	BADMINTON	PETANQUE	CROQUET	BIKES & ELECTRIC BIKES	WILD SWIMMING	
ADDITIONAL ACTIVITIES AT HECKFIELD	SCREENING £25 per person	PICNIC £60 per picnic (serves 2)	BOATING £70 per boat (seats 2 adults OR 1 adult & 2 children)			BOTHY MOVEMENT & WELLBEING CLASSES	PILATES, BREATHWORK, STRETCHING, MEDITATION, WOODLAND MOVEMENT £50 per person	SAUNA MEDICINE £100 per person
ADDITIONAL ACTIVITIES OFF THE ESTATE	TENNIS	RIDING	CLAY PIGEON SHOOTING	GOLF		PRIVATE WELLBEING SESSIONS	YOGA, PILATES, PILATES REFORMER, BREATHWORK, STRETCHING, WOODLAND MOVEMENT, FOREST BATHING WALK, AQUATIC MOVEMENT. 60 MINS £150 FOR 1 PERSON / 60 MINS £200 FOR 2 PERSONS 90 MINS £200 FOR 1 PERSON / 90 MINS £250 FOR 2 PERSONS	

Prices are subject to a 10% discretionary service charge and 24-hour cancellation policy. Please contact The Study to check availability.