



Inspiration: A Sample 2 night/3 day mid-week Wellness Retreat

This itinerary shows how a host might utilise the different spaces across the site for a group of 11–22 guests.

Tuesday – Day One

- **11:00 Welcome and dropping off luggage to your rooms**
- **12:00 Opening Circle in the Long Hall.** An intimate gathering to set intentions for the retreat.
- **12:30 Nourishing Small meal.** A communal plant-based dinner in the Long Hall, prepared in the adjoining Grand Barn kitchen.
- **13:00 Wreath Making**
- **16:00 Sound Bath and Meditation & journaling**
- **19:00 Pre-dinner Cocktails/Mocktails**
- **19:45 Formal fine-dining experience**

Wednesday – Day two

- **8:00 Sunrise Session.** Yoga or meditation in the light-filled Long Hall.
- **9:00 Healthy Breakfast** either served to the barns or centralised in the Long Hall.
- **11:00 Workshop/Activity.** The Long Hall is used either as a boardroom setup or activity table(s).
- **13:00 Lunch**
- **14:00 Mindful Riverbank Walk.** A guided stroll down the riverbank to the neighbouring village of Cawood or through the tram lines of our arable fields to the wood to clear the head and reconnect with nature.
- **16:00 Afternoon workshop** session or free time.
- **19:00 Celebration Dinner.** A formal fine-dining experience in the Long Hall to celebrate the group's progress.

Thursday – Day Three

- **8:30** Gentle morning movement and Pilates in the Long Hall.
 - **10:00 Closing Brunch.** A long, relaxed brunch where guests share their "takeaways" from the weekend.
 - **12:00** Final farewells and departures from the Dovecote Barns, feeling refreshed and inspired.
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