

Too Busy to Relax...? Weekend Itinerary

Friday evening

- 5.00pm onwards Arrive at The Tree - dump your bags, enjoy a cuppa and settle in! Decide on which treatments/therapies you would like to book for Saturday afternoon.
- 7.00pm Evening Meal- selection of good wines available
(Please note the wine is payable separately to The Tree)
- 9.00pm Chapel Yoga studio -Welcome to the weekend followed by a deep relaxation session (lasting around 40 mins) to aid a peaceful night's sleep.

Saturday

- 7.30am (Optional!) Chapel Yoga studio- Early morning yoga.
Slow gentle stretching combined with deep breathing techniques before breakfast
- 9.00am Breakfast
- 10.00 Yoga in the Chapel Yoga Studio
Further practices to de-stress the body - including gentle yoga postures and techniques to relax the body.
- 12.30pm Lunch
- 2.00 Sauna switched on - take in the relaxing warmth into the muscles before your treatment. (Follow sauna instructions carefully - please ask for advice). Take a dip in the hot tub.
- 2.00 - 6.00 Time away from yoga to either treat yourself to a treatment with the lovely therapists at The Tree or put on your walking boots and explore the countryside. Clearly printed walks are available from 3-12 miles.
- 4.00 - 5.00 (Yummy) Afternoon Tea served in the Dining Room and Lounge
- 7.30pm Evening meal
- 9pm (optional) Evening meditation Session

Sunday

- 7.30am (optional) Early morning yoga in the Chapel Yoga Studio - an hour of breathing and yoga to get you ready for the day.
- 9.00am Breakfast
- 10.00am Chapel Yoga Studio. Final yoga session of the weekend finishing With a 'Gong Bath' (Courtesy of Edward at The Tree)
Relax as the sound vibrations from this magnificent gong wash over you - sending you into a deep relaxation. A truly wonderful way to finish our weekend.
- 1.00pm Delicious vegetarian Sunday Lunch
- 2.00pm Perhaps a final short walk, a trip over the moors by car to Hutton le Hole, or stay and chat to friends after your relaxing weekend, before departing home a truly relaxed person.

If you wish to extend your stay for extra nights on B&B basis please contact The Tree (01751 417219)

Optional treatments on Saturday afternoon are booked on after dinner on Friday evening. Treatments are carried out for a 30-minute session and we guarantee a minimum of 1 treatment per guest.

Please advise of any special dietary requirements prior to your weekend.

All yoga equipment (mats, blocks, blankets, cushions) are supplied

Don't forget your wellies or walking boots if you fancy going out for a hike over the moors!

Mobile phones reception is patchy at The Tree. We do recommend a digital detox on these weekends however there is a payphone in the entrance hall of The Tree and WIFI is available

All towels are supplied but bring a dressing gown for when you have your treatment. A swimming costume & Flip Flops are a good idea for when using the sauna / hot tub.

Final bills for treatments and wine will be given at lunch on Sunday. Please note that The Orange Tree now accepts cheques, cash and all major debit / credit cards.