

## 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 30 mins) to aid a peaceful night's sleep.

### Saturday

- 7.30am Chapel Yoga studio- Early morning yoga.  
Slow gentle stretching combined with deep breathing techniques before breakfast
- 9.00am Breakfast
- 10.15am 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.
- 3.00pm (Yummy) Afternoon Tea served in the Dining Room and Lounge
- 7.30pm Evening meal
- 9pm Evening meditation Session

## Sunday

- 7.30am Early morning yoga in the Chapel Yoga Studio - an hour of breathing and yoga to get you ready for the day.
- 9.00am Breakfast
- 10.15am Chapel Yoga Studio. Final yoga session of the weekend finishing with a deep relaxation session  
A truly wonderful way to finish our weekend.
- 1.00pm Delicious vegetarian Sunday Lunch
- 2.00-3.00pm Depart 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 when you arrive on the Friday - treatment menus and booking sheet will be available in the guest lounge. Treatments are carried out for a 30-minute session and they 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!

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 Tree only accepts cash and debit cards.