

THE GREAT ESCAPE ITINERARY

Sunday 28th September

- 10:00: Arrival into Garden room – Smoothies and Granola Pots
- 11:00: 'Eating for Energy & Balance' Workshop in the Garden Room
- 12:00: Paddle boarding/Kayaking (Go Paddle/Canoe man)*
- 13:30: Buffet Lunch in Garden Room
- 14:30: 2 hours Spa Use
- 16:45: Move & Glow Zumba Class
- 18:00: Mindful Movement Pilates Workout
- 19:00: Guest departure from Garden Room
- 19:30: Private Dining in Georgian Room for guests*

Monday 29th September

- 8:00: The Wake Up Workout
- 09:00: Breakfast to be served in Main Hotel (for all guests)
- 10:00: Vitality walk
- 11:00: Breathe and Balance Pilates workout
- 12:30: Tapas Buffet Lunch to be served in Garden Room
- 13:30: Skincare workshop with Natural Spa Factory
- 14:45: Face Yoga
- 16:00: Sound Bath Class
- 17:00: 2 hours spa use
- 19:00: Guest departure

*Optional Extras

- Paddle boarding/Kayak - £25.00 per person (for those that need to hire equipment)
- Day 1 dinner for guests - £45.00 per person
- Additional Mud Spa - £30.00 per person
- Additional Prosecco Spa - £40.00 per person
- Standard spa treatments can be added at the usual rate upon request

Book your place today!
Call 01603 737 531 or email
events@norfolkmead.co.uk