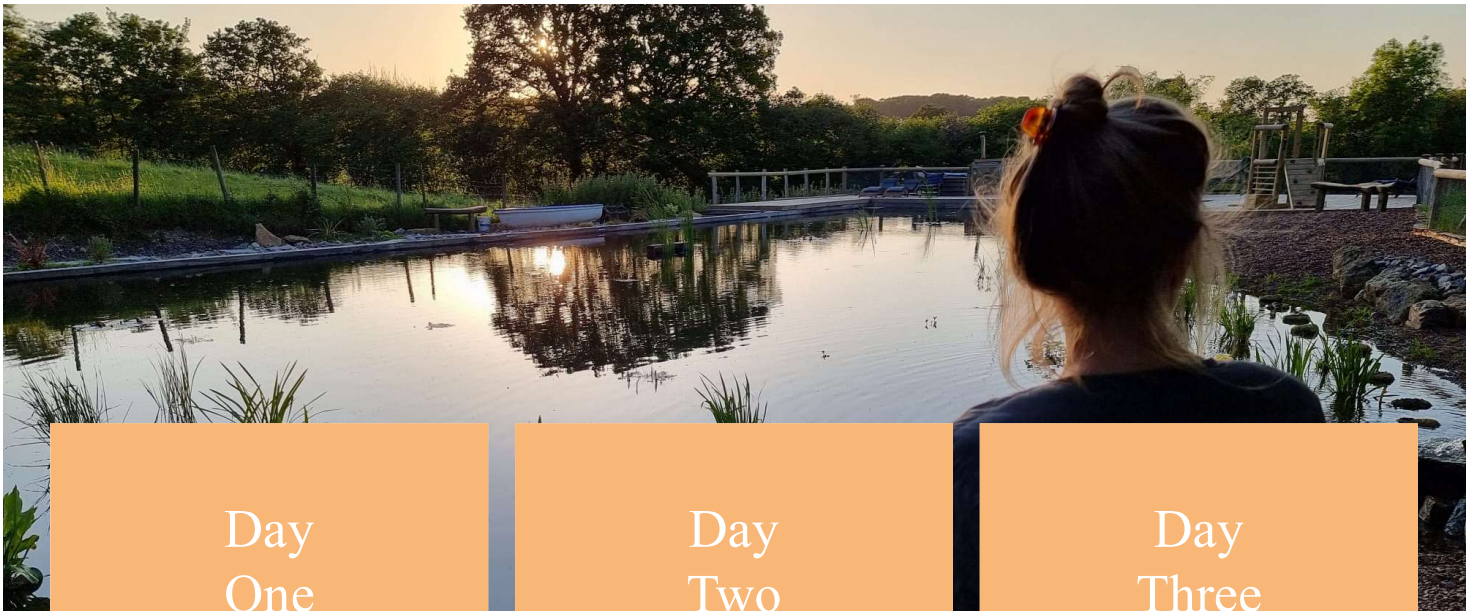


## Sample Itinerary

Our 3-day retreats are carefully planned so you can get the best out of your stay. Scheduled activities and times are approximate only and may change at short notice. Here is an example of what to expect when you visit us.



### Day One

#### Arrive From 1pm

#### 1.00 - 2.30pm

Welcome drinks and tour around the house and settle in your rooms

#### 2.30 - 5.30pm

Leave for Seaton beach for Intro to Sea and Cold Water  
(practise breathing/relaxing and floating)

#### 5.30 - 7.00pm

Walk to Beer

#### Evening

Hearty dinner at Manor Farm

### Day Two

#### 7.00 - 7.30am

Morning breakfast

#### 8.30 - 12.00pm

Sea swim at local beach

#### 12.00 - 1.00pm

Explore local village for lunch (not provided)

#### 1.30 - 6.00pm

Chill out at Manor Farm or walk the woodland trail

#### 7.00 - 8.00pm

Hearty dinner at Manor Farm

#### 8.00 - 10.00pm

Fire Pit

### Day Three

#### 8.00 - 9.00am

Breakfast

#### 9.00am - 12.00pm

Guided swim and walk.

Grab a spot of lunch at the local village (not provided)

#### 12.00 - 1.00pm

Back to Manor Farm and goodbyes

#### Goodbyes at 1pm