



HECKFIELD PLACE ACTIVITIES - 1ST NOVEMBER - 28TH NOVEMBER 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8 AM	MEDITATION (30min)	BODYISM SIGNATURE (60min)	YOGA (60min)	YOGA (60min)	YOGA (60min)	YOGA (60min)	COLD WATER IMMERSION (60min)
9.30 AM	FOREST BATHING (60min)					MEDITATION (30min)	
11 AM		MOBILITY & CORE (60min)	PILATES (60min)	PILATES (60min)	PILATES (60min)	PILATES (60min)	MOBILITY & CORE (60min)
11 AM	WOODLAND WALK (90min)	FARM TOUR (90min)	WILDLIFE TOUR (90min)	MARKET GARDEN TOUR (90min)	ORNAMENTAL GARDEN WALK (90min)	ESTATE TOUR (90min)	ESTATE TOUR (90min)
2 PM					MEDITATION (30min)	FOREST BATHING (60min)	
2.30 PM	ESTATE TOUR (90min)	ESTATE TOUR (90min)	ESTATE TOUR (90min)	ESTATE TOUR (90min)	ESTATE TOUR (90min)	ESTATE TOUR (90min)	ESTATE TOUR (90min)
3 PM							SCREENING
4 PM	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE	TEA & CAKE
7 PM		SCREENING		SCREENING		SCREENING	SCREENING

DAILY INCLUSIVE ACTIVITIES	GUIDED NATURE WALK	WILD SWIMMING	HECKFIELD TREE HUNT	BIKES & ELECTRIC BIKES (120min)
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ADDITIONAL ACTIVITIES AT HECKFIELD	MOVEMENT CLASSES £25 per person	SCREENING £18 per person	PERSONAL TRAINING YOGA MEDITATION (60min) £100 per session (up to 2)	PILATES PILATES REFORMER (60min) £100 per session (up to 2)	HECKFIELD TRAIL RUN FOREST BATHING COLD WATER IMMERSION (60min) £100 per session (up to 2)	FARM FIT (90min) £150 per session (up to 2)
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ADDITIONAL ACTIVITIES OFF THE ESTATE	TENNIS	RIDING	GOLF	CLAY PIGEON SHOOTING
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Prices are subject to a 10% discretionary service charge and 12 hour cancellation policy. Please contact The Study to check availability.