

Gut Health & Restoration Day Retreat

Whatley Manor

Welcome, Drinks & Gift Bags 9.30 a.m. - 10:00 a.m.
Gut-supporting herbal teas and infused water. Intro to the day's schedule.

Gentle Morning Pilates Session 10:00 a.m. - 11:00 a.m.
Suitable For All Levels

Tea & Snack Break 11:00 a.m. - 11:15 a.m.

Gut Health Talk: "Rooted In The Gut" + 11:15 a.m. - 12:30 p.m.
Gut Symptom Troubleshooting Q & A
Explore the foundational role your gut plays in digestion, immunity, hormones, skin health, mood, and energy.

Nourishing, Gut Supporting Lunch 12:30 p.m. - 1:30 p.m.
Fuel your body and your microbiome with high-quality protein, fibre-rich carbohydrates, and healthy fats.

Relax - Free Time 1:30 p.m. - 2:15 p.m.
Enjoy some quiet time to relax, take a walk in the beautiful grounds, journal, or just give your body some time to rest & digest.

Interactive Session - Smoothies for a Happy Gut 2:15 p.m. - 3:00 p.m.
Understanding different fibres and their effects on the microbiome.

Tea Break 3:00 p.m. - 3:15 p.m.

Gentle Stretching & Breathwork;
Stress Management & Supporting Digestion 3:15 p.m. - 4:00 p.m.

Reflection, Q&A & Goodbyes 4:00 p.m. - 4:30 p.m.
Gut Health Guide & Meal Plan