

# Pilates & Breathwork Escape Retreat

## Whatley Manor

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

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

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

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Talk: Strong Foundations: Movement 11:15 a.m. - 12:30 p.m.  
Confidence, Core Connection & Longevity  
Explore how movement builds physical strength and nervous system resilience. Learn the importance of core stability, joint mobility, and posture in preventing injury and enhancing long-term confidence.

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Nourishing, Energising 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.

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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.

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Talk: "The Power of Breath: Resetting the Nervous System Through Conscious Breathing" 2:15 p.m. - 3:00 p.m.  
Learn how your breathing patterns impact your mood, energy, and resilience.

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

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Gentle Stretching & Breathwork; Stress Management, specific breathing techniques to calm the nervous system. 3:15 p.m. - 4:00 p.m.

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Reflection, Q&A & Goodbyes 4:00 p.m. - 4:30 p.m.  
Nervous System Support Guide & Meal Plan