

# Sleep & Restore 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: The Science of Sleep - Understanding Your Body's Natural Rhythm 11:15 a.m. - 12:30 p.m.  
Understand the foundations of sleep and things that disrupt it. Learn about circadian rhythm, light and cortisol, and the nervous system.

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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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Interactive Session - Nutrition & Nutraceuticals for Deep, Restorative Sleep 2:15 p.m. - 3:00 p.m.  
Explore how blood sugar balance, meal timing, and certain micronutrients influence your ability to fall and stay asleep.

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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 and support sleep 3:15 p.m. - 4:00 p.m.

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