



SEPTEMBER RETREAT DATES ▪ Saturday 14TH - Monday 16TH
OCTOBER RETREAT DATES ▪ Saturday 12TH - Monday 14TH

Stunning natural surroundings, five star facilities and award winning food, Lime Wood is a boutique country house set in the heart of the New Forest, and it is the perfect luxurious getaway location for a Matt Roberts Retreat!

The retreat combines Matt Roberts' dedicated training programme with Lime Wood's natural forest surroundings, beautifully appointed gym and the freshest local fare to help you kick start your journey to a healthier way of living! The Retreat at Lime Wood is designed to encourage you to reconsider the way in which you approach exercise and also to inspire you to think differently about your lifestyle choices.

Matt and his expert team will coach you through five hours of training each day with a varied and intense programme combining a range of exercise styles including running, strength training, high intensity work, Yoga and Pilates. All of your training will be tailored according to your preferences and abilities and has been designed to ignite or rekindle your love of fitness in the most luxurious way possible!



EXCLUSIVE TO LIME WOOD HOTEL

- A dinner at the working kitchen table in the heart of the Hartnett Holder & Co kitchen hosted by Matt and the Lime Wood chefs and second dinner in the Hartnett Holder & Co restaurant
- Healthy breakfast and lunch from Raw&Cured
- Up to fourteen hours of personal training
- 2 x 60 minute massages
- Use of the award winning Herb House Spa
- The ultimate in luxury accommodation

THE EXERCISE

Matt and his expert team will coach you through five hours training each day. All the sessions will take the form of small whole group training and are designed to really push you to the edge of your personal comfort zone and thus generate physical response from your body.

The programme is varied and exciting, taking many styles formats, including circuits, high intensity work, kettlebell running, cycling, strength and conditioning, boxing, agility and, where possible, Yoga and Pilates. Rest assured no two sessions



THE FOOD

Meal times are just as important to the retreat as the training, not only to refuel you but to give you some time to reflect and relax. All menus have been designed with you and your goals in mind, but never once will you feel like you are being deprived. Food will be served by Hartnett Holder & Co, Lime Wood's relaxed Italian restaurant and Raw & Cured, the Herb house's food bar; looking on food as both a source of delight and life-energy, the meals they create will be packed full of flavours, textures and tastes and made up of the freshest ingredients, perfect to give you that much needed energy to power you through the day.

THE PRICE

Eaves and Cosy

Single ■ £1890
Double ■ £3050

Spacious Room

Single ■ £2015
Double ■ £3180

Generous Room

Single ■ £2140
Double ■ £3310

Forest Suite

Single ■ £2235
Double ■ £3410

Forest Hideaway Suite

Single ■ £2240
Double ■ £3260

FOR BOOKINGS

For any further enquiries, please email Nata Gedevanishvili on Nata@Mattroberts.co.uk ■ 0207 584 0916 or Ashley Glanville on reservations@herbhousespa.co.uk ■ 023 8028 6998



THE ACCOMMODATION

Lime Wood, a boutique country hotel, is set in the heart New Forest National Park, a mile and a half from the small of Lyndhurst and just an hour and a half drive from London ultimate countryside getaway. With rooms located in the main house, and large suites grounds each with sumptuous king-sized beds you can that you will sleep well!

DOWN TIME

You will have much deserved deep tissue massages to ease aching muscles and plenty of time to take in the forest views from the sauna, relax in the outdoor hot pool or just head back to your room for a long soak in a roll top bath and finally sinking into your sumptuous bed!

Ignite or rekindle your love of fitness in the most luxurious way possible! Our aim is that you will leave feeling rejuvenated, re-energised, mentored and ready to discover a new you.





RETREAT RATES

SATURDAY 14TH - MONDAY 16TH SEPTEMBER 2019

SATURDAY 12TH - MONDAY 14TH OCTOBER 2019

EAVES AND COSY

Single Occupancy	▪	£1,890
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Double Occupancy	▪	£3,050
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SPACIOUS

Single Occupancy	▪	£2,015
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Double Occupancy	▪	£3,180
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GENEROUS

Single Occupancy	▪	£2,140
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Double Occupancy	▪	£3,310
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FOREST SUITE

Single Occupancy	▪	£2,235
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Double Occupancy	▪	£3,410
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FOREST HIDEAWAY SUITE

Single Occupancy	▪	£2,440
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Double Occupancy	▪	£3,620
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