

Herb House

Autumn Hideout Timetable

Yoga, Pilates and Wellness Programme

Monday	10:00am – 11:00am	Revitalising Yoga – Members only	Elvira	Medium
	11:15am – 12:15am	Revitalising Yoga	Elvira	Medium
	12:30pm – 1:30pm	Inspirational Yoga	Elvira	Low
	3:00pm – 3:45pm	Qi Gong – Members Only	Alex	Low
	4:15pm – 5:15pm	Advanced Pilates	Juliet	Medium
	5:30pm – 6:30pm	Improver Pilates	Juliet	Medium
Tuesday	7:00am – 8:00am	Revive Yoga	Ellie T	Medium /High
	9:30am – 10:30am	Intermediate Pilates	Kim	Medium
	10:40am – 11:40am	Intermediate Pilates – Members only	Kim	Medium
	11:50am – 12:50am	Improver Pilates – Members only	Kim	Medium
	2:30pm – 3:30pm	Revitalising Yoga – Members only	Elvira	Medium
	3:45pm – 4:45pm	Yoga Therapy – Members only	Elvira	Low
	5:00pm – 6:00pm	Revitalising Yoga	Elvira	Medium
Wednesday	9:00am – 10:00am	Fitness Pilates	Dan	High
	10:15am – 11:15am	Yoga Wheel	Kim	Medium
	11:30am – 12:30pm	Power Yoga – Members only	Elvira	High
	12:45am – 1:45pm	Power Yoga	Elvira	High
	2:00pm – 3:00pm	Yoga Therapy	Elvira	Low
Thursday	8:00am – 9:00am	Vinyasa Flow Yoga	Mandy	Medium/High
	9:30am – 10:30am	Intermediate Pilates – Members Only	Jenny	Medium
	10:45am – 11:45am	Pilates	Jenny	Low/Medium
	12:00pm – 1:00pm	Pilates	Jenny	Low/Medium
	2:30pm – 3:30pm	Mindful Meditation – Members Only	Jane	Low
	3:45pm – 4:45pm	Mindful Meditation	Jane	Low
Friday	10:15am – 11:15am	Intermediate Pilates	Juliet	Low/Medium
	11:30am – 12:30pm	Pilates	Juliet	Low/Medium
	12:45pm – 1:45pm	Fitness Pilates	Charlie	Medium
	2:00pm – 3:00pm	Stretch and Relax	Charlie	Low
Saturday	8:00am – 9:00am	Morning Yoga	David	Low
	9:15am – 10:30am	Traditional Yoga – Members Only	David	Low/Medium
	11:00am – 12:30pm	Centred Yoga – Members Only	Dave T	Medium
	3.00pm – 3.45pm	Mobilisation	Kim	Low
Sunday	9:15am – 10:15am	Pilates	Denise	Medium
	10:30am – 11:30am	Inspirational Yoga – Members Only	David	Medium
	11:45am – 12:45pm	Revitalising Yoga	David	Medium

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ADVANCED PILATES	A full body workout to develop the core muscle group and develop balance and mobility. The exercises will be performed at a more advanced level with modifications where necessary. For those familiar and confident in Pilates.
CENTRED YOGA	Utilises concepts contained within Yoga, ancient martial arts, meditation and breath-work coupled with a modern day anatomical approach to help correct postural imbalances and improve the function and integration of the mind and body.
FITNESS PILATES	Traditional Pilates moves performed in sequences at a higher intensity to raise your heart rate and add challenge.
INSPIRATIONAL YOGA	A soothing session of Hatha Yoga, dynamic breathing and transcendental meditation that will fill your soul with positive energy and release you from the bonds of lingering stress.
INTERMEDIATE PILATES	An exercise method designed to elongate and reintroduce your body's postural alignment. Improve balance, coordination and build strong tension-free muscles. This class is designed for members who have been practicing Pilates for a while and are looking to progress to a higher level.
IMPROVER PILATES	A class designed to accommodate all levels. You will have a full body workout, working at a slow and controlled pace with plenty of modifications and adaptations. Suitable for just about everyone. Improving balance, posture, movement and all over body strength.
MINDFUL MEDITATION	Mindfulness is a set of meditation techniques that will help you gain awareness from paying attention to your thoughts, breath and body, in the present moment, non-judgmentally, for greater sense of calm and self compassion, emotional resilience and well being."
MOBILISATION	Mobilise the arms, hips and legs..... Stretching and releasing tight muscles and proper use of rollers and trigger of movement. point balls and other equipment.
MORNING YOGA	A Preventative, maintenance and rehab class to return balance to your body and range. Applying a gentle range of Asanas in a warm environment, your body will be brought alive in a soothing manner that will fill you with energy for the day. Great for a first experience of Yoga.
PILATES	An exercise method designed to elongate and reintroduce your body's postural alignment. Improve balance, coordination and build strong tension-free muscles.
POWER YOGA	A series of strong and advanced Yoga positions, designed to increase strength, balance and flexibility. Not for those new to Yoga or with an injury.
QI-GONG	Qi Gong, means "Working with Qi" the life energy. It is a millennia old system of health. Based in Chinese medicine, and balance Qi. It co-ordinates slow body postures and movement with breathing techniques and meditation to create a state of flow and to cultivate
REVITALISING YOGA	Appropriate for all levels of Yoga ability, right up to the most advanced. This class takes you through a flowing series of postures, harnessing the healing power of the mind.
REVIVE YOGA	During this 60 minute Yoga class, you will work through slow controlled movements designed to combine your breath with basic postures (asanas).
STRETCH & RELAX	A class that finds your tension and eases it, releases tight muscles and improves flexibility! A relaxation section completes the class.
TRADITIONAL YOGA	Based on the 12 most important postures, this class will strengthen your understanding of each asana (suitable for all abilities).
VINYASYA FLOW YOGA	This powerful and energetic Yoga pushes you to control your body's movement and breathing ability.
YOGA THERAPY	Working with members only, this class will focus on any mobility issues you may wish to address and design a range of Asanas that you can apply to remedy the problem.
YOGA WHEEL	fitness yoga to improve you strength and yoga poses with the yoga wheel using a fusion of fitness and yoga exercises.

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