

# *daylesford* ORGANIC

## DAYLESFORD WELLNESS RETREAT

Wednesday 7<sup>th</sup> – Friday 9<sup>th</sup> July 2021

### WEDNESDAY 7<sup>TH</sup> JULY

10am	Arrive at Daylesford Farm, check into Daylesford Cottages
10.15 – 11.15am	Market Garden Tour with Jez Taylor, Head of Daylesford Market Garden
11.15 – 12.45pm	Restorative wellness workshop with Daylesford resident nutritionist, Rhaya
12.45 – 1.30pm	Lunch in The Trough café
2 – 3pm	Bamford De-Stress Massage at the Bamford Wellness Spa
3.30 – 4.30pm	Mindfulness meditation
4.30pm	Free time to explore our farmshop or wellness walks
6.30 – 9.45pm	Chef's Table Supper at the Daylesford Cookery School

### THURSDAY 8<sup>TH</sup> JULY

9 – 10am	Breakfast in The Trough café
10 – 11am	Enjoy Wet Spa facilities at the Bamford Wellness Spa
11.30 – 12.30pm	Bamford Bespoke Facial at the Bamford Wellness Spa
1 – 2pm	Lunch in the Trough / Orchard Bar
3 – 4pm	Beginners' Yoga at the Bamford Wellness Spa
4.15 – 5.15pm	Sound Healing with Alchemy crystal singing bowls
6.45pm	Depart for supper at The Wild Rabbit
7pm	Supper at The Wild Rabbit, our pub in Kingham
9pm	Return to Daylesford Cottages

### FRIDAY 9<sup>TH</sup> JULY

	Breakfast in your Daylesford Cottage kitchen
9am	Check out of the Daylesford Cottages
9.30 – 1pm	Hands-on Daylesford Floristry course
1pm	Retreat ends; free time to explore our farmshop or wellness walks