



MINI WELLNESS RETREAT DAY

Saturday 9th September 2023

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| 09:15 AM | | Arrival |
| 09:30 AM | | Yoga practice |
| 11:15 AM | | Tea and snack in the Snug |
| 12:00 PM | | Yin with Koshi chimes |
| 01:30 PM | | Lunch in the Snug |
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Full access to the Health Hub gym and pool all day

LUNCH MENU

Please choose 1 option

Hot smoked salmon, *beetroot and fennel salad, crème fraiche*

OR

Aubergine Zaalouk, *chickpea, flatbread*

OR

Honey and sesame chicken, *steamed rice, smashed cucumber*
