YOU ARE INVITED TO OUR 2026

LADIES DAY
Wellness Retreat

Thursday 16th July

ARRIVAL FROM 9AM | CLASSES FINISH AT 5PM

- ROBES AND TOWELS
- WELCOME REFRESHMENT
- YOGA, MEDITATION AND SOUND HEALING
  (FOUR CLASSES INCLUDED)
- 2 COURSE LUNCH
- 2 HOURS IN OUR WELLNESS SPA
- 10% OFF ACCOMMODATION STAYS

£99

PER PERSON

01507 450267

GRANGE FARM PARK, MALTBY LE MARSH, ALFORD, LN13 0JP