



# MOVE AND REGENERATE WELLNESS RETREAT

## Day Programme

### Morning

Arrival from 9.15am for welcome smoothie or juice

Morning Fellside Walk

Paddle board master class

Lunch within our Blue Smoke Restaurant

### Afternoon

Two Hour Thermal Journey

Afternoon stretch and unwind

Depart from the Resort at 5.30pm with your take home gift



THE SPA  
LOW WOOD BAY