

Pilates break

Experience restorative, nourishing movement with the backdrop of Ullswater and the fells. Movement sessions will be tailored to the group - you do as much or as little as you like. A two-night break.

WHAT TO EXPECT

Each session will be tailored specifically to the group.



DAY ONE

Arrival

Arrive early and spend time in the hotel. We can look after your luggage while you have a treatment, join a lake sports session, explore the grounds, or spend time in.

3pm

Guest check-in

5pm

Meet Christy Karpanen

Meet Christy and the rest of the group, ask any questions, familiarise yourself with the itinerary and take a tour of the grounds to get your bearings.

The Library

7-9pm

Dinner - (to be arranged by guest)

DAY TWO

8.30am

Fundamentals Pilates class

Ease out the kinks and bring your day to life. The Glasshouse

9.45am

Breakfast

Rampsbeck Restaurant

11.30am

Mobility and massage class

Discover how it can support you in daily life.

The Glasshouse

- 1-5pm **Lunch and free time** - (to be arranged by guest)
Open water swim, stand up paddleboard, kayak session, or make time for a treatment.
- 5pm **Pilates and meditation**
The Glasshouse
- 7-9pm **Dinner** - (to be arranged by guest)
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DAY THREE

- 8.30am **Dynamic Pilates class**
The Glasshouse
- 9.45am **Breakfast**
Rampsbeck Restaurant
- 11am **Check out**
We'll look after luggage so you can spend all day with us. Guests can book a treatment, join a lake sports session, explore the local area or spend time in Swim Club.