

Pilates and movement break with Boundless Body



A four-day Pilates break with Christy Karpanen from Boundless Body. Designed to refresh, reinvigorate and re-energise. Open to all abilities, take time to focus on meditation and movement with panoramic views of the fells and lake.

WHAT TO EXPECT

Each session will be tailored specifically to the group. Timings are subject to change.

DAY ONE

- 3pm **Guest check-in**
Arrive as early as you like and make full use of 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 Swim Club
- 5pm **Meet & greet**
Meet Christy and the other guests, ask any questions, fill out your health questionnaire, and take a tour of the hotel spaces
The Library
- 6.30pm **Group Dinner**
Rampsbeck Restaurant
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DAY TWO

- 7.45am **Breakfast** (to be arranged by guest)
Rampsbeck Restaurant
- 8.45am **Wild swimming adventure to Kailpot**
Explore the secluded bay of Kailpot on Ullswater with expert tuition from Colin Hill
- 11.45am **Fundamentals Pilates class**
The Glasshouse
- 1pm **Free time**
Swimming, paddleboarding, kayaking or treatment, use the swimming pool and sauna in Swim Club. (Lake sports to be arranged by guest)
- 5pm **Early group dinner**
The Living Space

7.30pm **Evening relaxation class**
Pilates class including meditation
The Glasshouse

8.30pm **Hot drinks by the fire pit**
Weather dependent

DAY THREE

7am **Lakeside meditation**
Lakeshore

8am **Morning Pilates Class**
The Glasshouse

9.15am **Breakfast**
Rampsbeck Restaurant

11:30am **Dynamic Pilates class**
The Glasshouse

1pm & 2pm **Fellside Sauna sessions**
Swimming, paddleboarding, kayaking or treatment, use the swimming pool and sauna in Swim Club. (Lake sports to be arranged by guest)

4:30pm **Afternoon Pilates**
The Glasshouse

7-8pm **Group dinner**
Rampsbeck Restaurant

DAY FOUR

7.30am **Early morning class**
Lawn or the Glasshouse, weather dependent

8:45am **Optional cold water swim or lakeside meditation**

9.30am **Breakfast**
Rampsbeck Restaurant

11am **Check out**
We'll look after your luggage so you can spend all day with us

11:30am **Group debrief and farewell**
A final group get together to share your experience
The Library