

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
- 6-8pm** **Dinner**
Rampsbeck Restaurant
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DAY TWO

- 8.15am** **Morning Pilates class**
The Glasshouse
- 9.30am** **Group breakfast**
Rampsbeck Restaurant
- 11am** **Fell hike**
An energising group hike in the surrounding landscape led by Christy
- 1pm** **Lunch** - (to be arranged by guest)
The Living Space
- 2pm** **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 dinner**
The Living Space

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

DAY THREE

7am **Lakeside meditation**
Lakeshore

8.30am **Morning Pilates Class**
The Glasshouse

9.45am **Breakfast**
Rampsbeck Restaurant

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

12:30pm **Free time**
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 **Dinner**
Rampsbeck Restaurant

DAY FOUR

7am **Early morning class**
Lawn or the Glasshouse, weather dependent

8:15am **Free time - optional cold water swim or lakeside meditation**
Not an organised activity

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