

Art and yoga break

A three-day art and yoga break with Em Whiteford. Take time to explore creativity, movement, and mindfulness.



WHAT TO EXPECT

Activities suitable for both beginners and those with some experience with painting and yoga. Movement sessions will be adjusted for different levels. 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.
- 4.30pm** **Meet & greet**
Meet Em and the other guests in The Library, receive your materials, ask questions, and fill out your health questionnaire.
Short mindfulness and breathwork walk around the grounds.
Set personal intentions for the retreat and share with the group
- 6pm** **Free time**
Swimming, paddleboarding, kayaking or treatment, use the swimming pool and sauna in Swim Club. (Lake sports to be arranged by guest)
- 7pm** **Dinner**
To be arranged by guest - Group dinner optional
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DAY TWO

- 7.30am** **Lakeside mediation and check in**
Weather permitting
- 8.30am** **Group breakfast**
Rampsbeck Restaurant
- 9.30am** **Sketchbook walk**
Group walk around the grounds, led by Em, collecting landscape inspiration (take cameras or phones for photos).
- 10am** **Art activities**
A series of short experimentation tasks, practical techniques and demos in oil painting, taking inspiration from the morning walk.

- 12.30pm **Lunch**
To be arranged by guest
- 2pm **Painting session**
Personal painting time to practice technique used in the morning sessions, talk and share experiences with other guests.
The Glasshouse or lake grounds
- 5pm **Early dinner**
To be arranged by guest - Group dinner optional
- 7.30pm **Wind down yoga**
Gentle yoga flow in the Glasshouse, checking in with intentions.
The Glasshouse
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DAY THREE

- 7.30am **Slow flow yoga and breathwork**
- 8.30am **Group breakfast**
Rampsbeck Restaurant
- Check out**
Check out is encouraged during the breakfast hour to maximise final session.
- 9:30am **Painting and sketchbook time**
A chance to finish paintings and work in sketchbooks followed by tips for artwork display, photographing and framing
The Glasshouse or lake grounds
- 11.30am **Group debrief and goodbye**
Final gathering to reflect on intentions set on day one, check in with feelings and experiences.
The Library